

LEISURE TIMES

Your Guide to Columbia's Recreational Opportunities



SPRING/SUMMER 2017 ISSUE

Registration Begins: March 1 • Online Registration: February 28

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SOMETHING FOR EVERYONE

THERE ARE MANY WAYS TO
STAY ACTIVE AND HAVE FUN
IN COLUMBIA - ALL FOR FREE!



1 SOUTH 7TH ST.
COLUMBIA, MISSOURI 65201
(573) 874-7460

WWW.COMO.GOV/PARKSANDREC

CHECK OUT ONE OF THESE FREE PROGRAMS THIS SUMMER!



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Columbia Parks and Recreation coordinates programs and activities for all ages and abilities. Information on these programs is in this guide.

The Activity & Recreation Center (ARC, 1701 W Ash Street) has daily admission fees. Monthly and annual memberships are also available. Recreational programs and classes are held at the ARC, the Armory Sports Center, Hillcrest Community Center, Paquin Tower and the Riechmann Indoor Pavilion. Five aquatic facilities and two golf courses are managed by the department. The department is responsible for designing, building and maintaining all park facilities and manages over 3000 acres of parkland, 50 miles of trails, and 70 parks. If you need assistance at a park or facility, contact Park Ranger Rosanna Johnson or Andrew Bell. Non-emergency number is 442-6131; call 911 for emergencies.

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Rental & Program Facilities

www.CoMo.gov (search: Rentals)

Activity & Recreation Center (ARC)

1701 W. Ash St. • 874-7700, see page 8

Armory Sports Center

701 E. Ash St. • 817-5077

Community Recreation programs, the CARE Program, basketball, volleyball. Gymnasium, conference room, classroom available for rent.

Douglass Park Amphitheater

400 N. Providence Rd. (corner of Rogers & 5th St.) • Call 874-7460

\$50 per day.

Hillcrest Community Center/Moss Building

1905/1907 Hillcrest Dr. • 874-7475

Moss rental available for groups of 100 people or less, \$35 per hour plus \$200 deposit. Life Enrichment classes, preschool programs, 50+ programs/tours, Osher@Mizzou.

Maplewood Barn

2900 E. Nifong • Call 874-7460

Call for information or to rent for groups of 70 people or less. Available Oct-March, \$27 per hour plus \$100 deposit.

MKT Trailside Building & MLK Garden

800 W. Stadium Blvd. • Call 874-7460

Men's and women's changing rooms and restrooms. MLK Garden and shelter available for rent for weddings and events. \$40 for building, Garden rental via special use permit, \$100 deposit.

Paquin Tower

1201 Paquin St., Ste. 102 • 874-7473

Adapted Recreation program with craft studio open to all.

Riechmann Indoor Pavilion at Stephens Lake Park

2300 E. Walnut • 874-7460

For gatherings of 150 people or less. Facility rental rates are: Monday-Friday, 8a-3p OR 4-11p, \$300; Monday-Thursday, 8a-11p, \$400; Fri, Sat, Sun/Holidays, 8a-11p, \$595. Deposit \$200.

Rock Quarry Park House

2002 Grindstone Parkway • 874-7460

Available for gatherings for groups of 50 or less. Rental fee per hour is \$22 plus \$100 deposit.

Stephens Lake Amphitheater

100 Old 63N • 874-7460

Call for information or to rent.

SHELTER RESERVATIONS

Reservations can be made for several park shelters. Other shelters are on a first-come, first-served basis. Reservations will be taken up to one year (364 days) in advance. The fee is \$35, \$45, \$50 or \$60 and is required on the day the reservation is made. Reservation fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation. For more information or to reserve a shelter, call 874-7460. For indoor space rental, see page 8 for ARC rentals and page 4 for other facility rentals. Cosmo Park and Stephens Lake Park Shelters are available for half-day or full-day rentals; 8a-2:30p or 5-11p. Stephens Lake double bookings take effect Oct. 1, 2016.

RETURNED CHECK FEE

The City of Columbia will assess a \$25 service charge for every check or EFT returned for insufficient funds.

FEE PAYMENT

Fees must be paid in full at the time of purchase, registration or reservation. Enrollment in programs and facility rentals are on a first-come, first-served basis. Payments may be made with cash, check or credit card.

CLASS REFUND POLICY

1. Refund at the request of the participant:
 - a. If the participant provides a written request for a refund one week prior to the first class, a refund will be granted less a \$5 administrative fee per participant. No refunds will be given for \$5 or less.
 - b. If a participant requests a refund less than one week prior to the first class, no refund will be granted.
 - c. If a participant cannot attend or continue a class due to an illness, a refund may be granted if a written request is received and:
 - i. A physician's statement of the illness and dates is presented.
 - ii. The request is received no later than 7 days after seeking treatment.
 - iii. A full refund will be granted if the request is received prior to the start of class.
 - iv. A pro-rated refund will be granted for the classes missed due to the illness.
2. Class Cancellation by the Parks & Recreation Department: A full refund will be granted in the event a class/activity is cancelled by the Department. The Parks & Recreation Department reserves the right to cancel a class if the minimum program enrollment has not been met two business days before the first class meeting.

GIFT CARDS

Gift cards are available for Parks and Recreation programs, golf or ARC memberships. Call 874-7460 to purchase a gift card with a credit card.

PHOTOGRAPHY

Frequently the City of Columbia takes photos or video of people enjoying facilities and programs. These photos are for promotional and marketing materials. They are used at the city's discretion and become its sole property.

YOUTH FINANCIAL ASSISTANCE

The City of Columbia has a financial assistance program available for residents ages 2-17, who meet income/household size criteria established by the USDA's free/reduced lunch program. Financial assistance amounts are available in the amounts of either 50% or 75% depending upon the household. The remaining amount is expected in terms of a co-payment. The primary focus is on youth, although family memberships to the ARC are available if there are eligible youth in the household. Eligible youth may take up to three programs and/or passes per year or they may receive an annual pass to the ARC. An activity is defined as a recreational class, activity, a 20-pass card to any of the outdoor pools or a 20-pass card to the ARC. Example: A 20-pass card to the pools (normally \$37.50) can be obtained for either \$7.50 or \$15, depending on your status. Applications are available at the downtown Parks & Recreation office or at the ARC. They are also available on-line at www.CoMo.gov. All applications must include proof of income and residency and should be turned in at the downtown office.

ADULT FINANCIAL ASSISTANCE

The City of Columbia has a financial assistance program available for adults who are 18 and over and live in the City of Columbia. The guidelines are similar to the youth program. Eligible participants receive a discounted 20-pass card to the ARC with the possibility of upgrading it to an annual pass based upon usage.

LEISURE TIMES ON T.V.

Leisure Times is a special video magazine produced to keep you up-to-date on Parks and Recreation activities. It is shown on the Columbia Channel which is seen on Mediacom Channel 80, Charter Communications Channel 992, and CenturyLink 96 or check them out on YouTube (columbiacitychannel).

YOUTH RECREATION SCHOLARSHIPS

Through Share the Light, City utility customers can make a donation to a variety of programs, including Youth Recreation Scholarships. Look for information in your utility bill, or log onto the web.

PICNIC PACKS

Stop by Parks & Recreation (1 S. 7th St.) and pick up a Picnic Pack for one day or the weekend. The Picnic Pack includes volleyball, net, football, 2 frisbees, softball and bat. First-come, first-served. Cost is \$10 with \$20 deposit.

Five Ways to Register:

1. **Online:** Go to www.CoMo.gov
2. **Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. **Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. **Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. **Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)



Activity & Recreation Center

Annual Membership is the most economical way to enjoy all the ARC has to offer, but is not required. All pass holders (Annual, Multiple, & Daily) will have access to the indoor leisure pool, gymnasium, indoor track, cardio/strength training zones, and changing rooms at no additional charge. Pass holders will also have access to a variety of group exercise classes such as step, Zumba and/or body conditioning, as well as basic aquatic fitness classes. Specialty classes (sport specific training, yoga, etc.) will be assessed an additional program fee.

MONTHLY PAYMENT OPTION

Economical monthly payments can only be made through an electronic funds transfer (EFT) from your checking or savings account. Withdrawals will be made on the 15th of the month. Your membership will continue until you notify us in writing. Monthly auto-debit memberships can be canceled with written notice. Cancellations must be received by the last day of the month to avoid another payment. A 30-day pass is also available.

MEMBERSHIP FEES

An annual membership is not required to enjoy ARC amenities. The ARC offers a wide variety of options.

- Daily
- Youth
- Senior
- Monthly
- Adult
- Adult Plus One
- Annual
- Family (up to 5 persons)
- 30-day Pass

A list of admission and pass prices, as well as more details are available on our website at www.CoMo.gov.



GROUP RATES

Special rates are available for groups of 20 or more. Please call at least two weeks in advance to make a reservation.

FINANCIAL ASSISTANCE

Columbia Parks and Recreation Department has a financial assistance program to enable Columbia youth and adults who qualify for financial assistance to participate in our programs.

YOUTH PARTICIPANTS

If an individual is 11 or older, he/she may utilize the facility without adult supervision, except in adult cardio/strength zones and group exercise land classes (14 and up). Children 10 years of age or younger, must be accompanied and supervised by a paying adult (16 or older). Youth training room is available. For parents or guardians participating in another activity and unable to supervise their children, our Kid Zone is available. See page 7 for details. New 12-13 year old Youth Fitness orientation for upstairs access.

MEMBERSHIP ELIGIBILITY

Everyone is eligible for membership at the ARC, including those residing outside of the Columbia city limits, at the same economical prices.

HOW TO JOIN

Visit the ARC at 1701 West Ash and our staff will assist you in completing a membership application. Applications are available on the Parks and Recreation Web site, or call (573) 874-7700 and we will send you a membership application.

AMENITIES

- ✓ Cardio/Strength Training Zones
- ✓ Gymnasiums
- ✓ Indoor Walking/Jogging Track
- ✓ Meeting Rooms and Classroom
- ✓ Triple Loop Water Slide, Lazy River & Vortex
- ✓ Zero Depth Entry/Water Play Feature
- ✓ Group Exercise Room
- ✓ Hydro Therapy Pool
- ✓ Kid Zone-Stay & Play Area for Children
- ✓ Spinning Room
- ✓ Youth Training Room

ARC HOURS OF OPERATION

MONDAY-FRIDAY	SATURDAY	SUNDAY
5:30a-9:30p	7a-7p	9a-6p

HOLIDAY HOURS

Memorial Day, May 29 11a-5:30p	Independence Day, July 4 11a-5:30p
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FOR REGULAR & HOLIDAY POOL HOURS, PAGES 14

WATER ZONE

The Water Zone includes a leisure pool with zero depth entry, interactive water play feature, triple loop water slide, lazy river, vortex, three lap lanes and a heated hydro therapy pool. This area includes two wet multipurpose rooms that can accommodate birthday parties, lifeguard training and much more.

KID ZONE CHILD CARE

The Kid Zone, an on-site babysitting service, is available for children ages 6 months to 10 years of age so that parents or guardians will have the opportunity to enjoy the services and programs offered at the ARC. There is a maximum two hour visit per child. The parent or guardian must remain in the facility while the child is utilizing this service. An outdoor play area will be available on nice days.

HOURS OF OPERATION

Monday - Friday	8am-12pm & 4-8pm
Saturday	8am-12pm

FEES

Annual Passholder	
Single Visit	\$2.25 per child
Punch Card	\$40.00 for 20 visits
Non-Passholder	
Single Visit	\$3.00 per child

MONTHLY FEES

Have your monthly daycare fees conveniently withdrawn from your checking or savings account on the 15th of each month. Additional information available at front desk.

First Child	\$20/month
Subsequent Children	\$10/month

MEETING ROOMS

The ARC has 2600 square feet of multipurpose space that is equipped with two retractable walls. This will allow us to divide the room into several configurations. These rooms are available for rent and are ideal for business meetings, banquets, wedding receptions and other special events.

DAILY LOCKERS

Lockers are available for daily use only. Users must remove their lock and belongings daily. At the daily closing of the ARC, all locks and belongings will be removed and placed in lost and found. Locks are available for rent at the Guest Services Desk.

YOUTH TRAINING ROOM

Four Olympic platforms, circuit, dumbbells, squat stations, jerk boxes/pull boxes, and cardio equipment. Adults may utilize for Olympic weightlifting or power lifting.



.... **THE ARC RECOMMENDS** leaving all valuables at home. However, if you bring valuables, we suggest utilizing a locker to store your items safely. The ARC is not responsible for lost or stolen items.

CARDIO/STRENGTH TRAINING

Come work out in our "state of the art" environment. Jump into shape or stay fit with our top of the line cardio and strength (dumbbells, circuit) equipment. Enjoy cardio theatre while you are exercising to a happier, healthier lifestyle. Staff will be available to assist with your health and fitness needs. Ages 14 & up may use this area freely. See our youth fitness orientation for ages 12-13. Brand new addition of 16 pieces: Matrix and Octane treadmills, elliptical/cross trainers, upright and recumbent bikes.

WALKING/JOGGING TRACK

Walkers and joggers alike will benefit from the rubberized track as it winds through the gym, cardio/strength training zones and Water Zone. 6 1/2 laps = one mile.

GYMNASIUM

A sporting enthusiast's dream, the gymnasium has cushioned wood floors and can accommodate both basketball and volleyball. The gym can also be used for other activities. At least one court will be available for drop-in use most hours of operation.

ARC PRACTICE COURT RENTALS

Activity & Recreation Center (ARC) is offering Sunday night court rental opportunities for team practice. These rentals are after regular business hours and offered on a trial basis. Reservations are limited to one reservation per month per team. However, coaches may contact the ARC on Mondays prior to a proposed rental date to reserve an additional court time. Contact the ARC at 573-874-7719 to make a reservation.

RENTAL RATES:

Full Court ~ \$75 for a 1 ½ hour rental;	6p-7:30p or 7:45p-9:15p
Half Court ~ \$40 for a 1 ½ hour rental;	6p-7:30p or 7:45p-9:15p

RENTAL GUIDELINES:

All Rentals

- ✓ Rentals may not be used for the sale of a service, such as a paid personal or team trainer.

Basketball

- ✓ Teams reserving a full court will have 6 baskets and 3 baskets for half court rental.
- ✓ No dunking allowed.

Baseball/Softball

- ✓ Teams must reserve a full court and must utilize trainer or total control balls; no hardballs permitted or drills utilizing the walls.
- ✓ Hitting must be done in net.

Soccer

- ✓ Space is available for conditioning and foot drills; no full on kicks permitted or drills utilizing the walls.

Pickleball

- ✓ Teams reserving a full court will have space for 3 nets; provided by ARC.
- ✓ Half court rental will allow 1 net.

Volleyball

- ✓ Teams must reserve a full court; one net provided by ARC

CALL FOR AVAILABLE RENTAL DATES.



GYMNASIUM SCHEDULE

Gym closed April 3-11 for maintenance.

MONDAY

8-9:45a	Full Ct Basketball
10-11a	Little Gymmers
11a-1:30p	Pickleball
6:30-7:30p	11-17 yrs Volleyball
7:30-9:30p	Adult Volleyball

TUESDAY

6:30-9a	Pickleball
10:15-11:15a	Boot Camp
12-1:30p	Adult Volleyball

WEDNESDAY

8-11a	Full Ct Basketball
11a-1:30p	Pickleball
6:30-7:30p	11-17 yrs Volleyball
7:30-9:30p	Adult Volleyball

THURSDAY

6:30-8:45a	Pickleball
9-10a	Home School P.E. Ages 10-17
10-11a	Home School P.E. Ages 5-9
12-1:30p	Adult Volleyball

FRIDAY

7-8:30a	Pickleball
8-9:45a	Full Ct Basketball
10-11a	Little Gymmers
6:30-9:30p	Pickleball

Note: Days and times are subject to change.

No pickleball March 27-30.

At least one court will be available for drop-in use most hours of operation.

GENERAL POLICIES

1. The ARC is a controlled access facility.
2. Smoking or tobacco use in any form is prohibited.
3. Food and beverages are permitted in lobby and meeting rooms. Glass and metal containers are prohibited. No food may be brought into the facility.
4. Spitting is prohibited, including water fountains.
5. Abusive or foul language is strictly prohibited. These actions may result in immediate expulsion and/or loss of future privileges.
6. Anyone using physical force towards another patron or employee will be suspended for a minimum of one year.
7. Horseplay is not permitted.
8. Shirts and shoes must be worn at all times in the facility (except in pool).
9. Non-marking shoes must be worn in the activity (gym, track) areas. Waffle-soled shoes or cleats are not allowed.
10. No basketballs or volleyballs are allowed upstairs. No bouncing or throwing balls outside the gym.
11. Personal music devices are only allowed when used with headphones.
12. Bicycles, skateboards and in-line skates are prohibited.
13. Animals in the facility are restricted to guide dogs only.
14. The ARC is not responsible for lost or stolen items.

LOST & FOUND

Our lost and found service is located at the Guest Services Desk. Items not claimed within seven days will be donated to charitable organizations. The ARC is not responsible for lost or stolen items.

ARC REFUND POLICY

ARC MEMBERSHIPS

There are no refunds on ARC memberships.

ACTIVITY PROGRAMS - See page 5 for refund policy.

FACILITY RENTALS - Rental fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation.

ROOM RENTALS

Applications - Facility rental applications must be completed and submitted two weeks prior to the event. Applications are available at the ARC Guest Services Desk and the City of Columbia Web site. Applications are accepted on a first come, first-served basis. Reservations will be considered up to one year in advance. Anyone age 21 or older may request a facility rental. In order to reserve a room, renter must pay the rental fee in full.

ROOMS/COURTS

Meeting Room 1/3	\$25 per hour
Meeting Room 2/3	\$50 per hour
Meeting Room Full	\$75 per hour
Classroom	\$22 per hour
Group Exercise Room	\$32 per hour
Water Zone Raindrop Room (M, W, F)	\$37 per rental
Water Zone Typhoon Room (M, W, F)	\$50 per rental

WATER ZONE (INDOOR POOL)..... 2 HOUR MINIMUM

1-100 People	\$140 per hour
101-150 People	\$185 per hour
151-200 People	\$235 per hour
201-250 People	\$345 per hour
251-300 People	\$445 per hour

FACILITY "LOCK-IN" (8 HOURS)

Discover the ARC and all it has to offer for your next group overnight. You will have use of the lobby, gym, pool (10pm-2am), game room and meeting rooms. Maximum accommodation is 50.

TIMES 10pm-6am

FEES

1-100 People	\$1000
101-500 People	\$1125 plus \$5 per person

(each person over 100 will be assessed this fee)

WATER ZONE BIRTHDAY PARTIES, PAGE 14



IS IT YOUR BIRTHDAY?

Show proof of your birthday at the Guest Services Desk & you can use the ARC for **FREE** on your special day!



ADAPTED COMMUNITY RECREATION PROGRAM

The Adapted program located at Paquin Tower is designed for individuals with special needs. The program is open to the community, and most of the activities are walk-in.

Complete information about the program (including new monthly activities offered) is produced in a monthly newsletter available at the Adapted Community Recreation office, Paquin Tower, 1201 Paquin St, Ste 103 or online at www.CoMo.gov (search adapted). Call 874-7473 for more information. If you would like to be on our mailing list, please email Sarah.Bowman@CoMo.gov. If you wish to participate in any Parks and Recreation activity, yet feel you may need some special accommodation, please call 874-7473.



CERAMICS, ART AND CRAFT STUDIO

Interested in ceramics or pottery? The studio is open to all skill levels. The instructor is there to teach new projects and to help with existing ones. Work on greenware, bisque and clay. Supplies for crafts are available.

Craft and Ceramics studio is open on the following days:

Monday (Ceramics only) 11a-8:30p
 Tuesday (Painting) 11a-4p
 Wednesday (Ceramics only) 11a-4p
 Thursday (Ceramics) 11a-4p
 Friday (Ceramics) 11a-4p

Fee: Cost of the greenware

TIE DYE WORKSHOP

July 18, 5-7p

Come learn how to make some classic tie-dye shirts! Please supply your own shirts, and make sure it has been washed and dried. The class will cost \$7.00 per person, please sign up and pay in the Adapted Community Recreation Office.

SOCIAL ACTIVITIES AND EXERCISE

WII GAMES

Games: Every Thursday, 5p (except first Thursday of the month)

Wii games are a popular activity offered by Adapted Community Recreation. It's a great way to play video games and to get some exercise at the same time! Wii games are played several times during the month; please call 87-7473 to find out when the Wii games are scheduled.

HAPPY HOUR FITNESS

Monday-Friday, 3p

Meet us in the Adapted Community Recreation office to find out what type of fitness is scheduled. Some instruction will be available for the exercise machines. Nintendo Wii Fit will be available for use.

ADAPTED-MONTHLY DANCES

Come dance the night away at the ARC! Our monthly dances are a great way to socialize with your friends and show off your dance moves. Snacks are provided.

Location: ARC

Registration not required.

Class #	Date	Time	Age	Price
NA	F: Mar 24	6:30-8:30p	14+	\$5
NA	F: Apr 28	6:30-8:30p	14+	\$5
NA	F: May 26	6:30-8:30p	14+	\$5
NA	F: June 16	6:30-8:30p	14+	\$5
NA	F: July 21	6:30-8:30p	14+	\$5
NA	F: Aug 18	6:30-8:30p	14+	\$5



ADAPTED BELL CHOIR

Third Monday of the month, 3:30p

Instructor: Alex Wenzel

Join the handbell choir. Hand bells are a source of enjoyment and pleasure for all who play and for the thousands who are entertained.

TRAIN SHOW, PAGE 47

ADAPTED SPORTS PROGRAMS

The City of Columbia offers numerous sports to individuals with special needs. Competitions are through Special Olympics, however, competing is not required for participation. When you register, please be sure that your athlete has a current physical and release form. New participants must schedule a New Athlete Meeting prior to participation. To schedule a new athlete meeting, call or email Jessica Sida at Jessica.Sida@CoMo.gov or call 573-874-7312.



SPECIAL OLYMPICS SOFTBALL

Registration Deadline Apr 30 or when Maximum participants is reached. Team assignments and practice day and time will be assigned after close of registration.

Location: *Again Street Park*

Class #	Date	Time	Age	Price
315602-01	M/Tu: Jun 5-Sept 26	6-8p	8+	\$15

SPECIAL OLYMPICS GOLF

Registration Deadline May 6 or when Maximum participants is reached.

Location: *L. A. Nickell*

Class #	Date	Time	Age	Price
315604-01	Th: June 15- Sept 28	6-8p	8+	\$15

SPECIAL OLYMPICS TENNIS

Registration Deadline June 10 or when Maximum participants is reached.

Location: *Cosmo*

Class #	Date	Time	Age	Price
315601-01	Wed: July 12- Sept 27	6:30-8p	8+	\$15



SPECIAL OLYMPICS BOCCE

Registration Deadline June 10 or when Maximum participants is reached.

Location: *West Blvd Elementary*

Class #	Date	Time	Age	Price
315607-01	Th: July 20- Sept 28	6-7p	8+	\$15

ADAPTED BOWLING

Registration Deadline August 8 or when maximum participants are reached. Team assignments, practice dates, and times will be assigned after close of registration.

Location: *AMF Town & Country Lanes @ 1508 N Providence Rd, Columbia, MO*

Class #	Date	Time	Age	Price
315605-01	Sa: Sept 9-Nov 11	12-3:30p	8+	\$44

AQUATICS

ARC WATER ZONE

Activity & Recreation Center, 1701 W. Ash, 874-7700

- ✓ Indoor Facility
- ✓ Heated Water
- ✓ Zero Depth Entry
- ✓ Water Play Feature
- ✓ Triple Loop Water Slide
- ✓ Lazy River
- ✓ Vortex
- ✓ Hydro Therapy Pool
- ✓ Lap Lanes
- ✓ Swim Instruction
- ✓ Recreational Swim
- ✓ Water Fitness
- ✓ Concession Area

ALBERT-OAKLAND FAMILY AQUATIC CENTER

Albert-Oakland Park, 1900 Blue Ridge Road, 474-5331

- ✓ Outdoor Facility
- ✓ Diving Boards
- ✓ 50 Meter Pool
- ✓ Water Fitness
- ✓ Double Loop Enclosed Flume Water Slide
- ✓ Large Deck with Lounge Chairs
- ✓ Children's Water Play Area with Water Sprinklers and a Water Slide
- ✓ Concession Stand
- ✓ Recreational Swim
- ✓ Shade Umbrellas
- ✓ Swim Instruction

DOUGLASS FAMILY AQUATIC CENTER & SPRAYGROUND

Douglass Park, 400 N. Providence Road, 442-5019

- ✓ Outdoor Facility
- ✓ Double Loop Water Slide
- ✓ Rock Climbing Wall
- ✓ UNGUARDED Plaza with interactive water fountains, geysers and jets shooting from the ground
- ✓ Recreational Swim
- ✓ Shaded Shelter
- ✓ Concession Area

FLAT BRANCH PARK SPRAYGROUND

Flat Branch Park, 400 Locust St.

Open May 1-September 30

- ✓ UNGUARDED Outdoor Water Feature Sprayground
- ✓ Plaza with interactive water fountains, geysers and jets shooting from the ground
- ✓ Free to public

HICKMAN POOL

David H. Hickman High School, 1104 N. Providence Road, 874-7476

- ✓ Indoor Facility
- ✓ Swim Instruction
- ✓ Heated Water
- ✓ Lifeguard Instruction

LAKE OF THE WOODS POOL

Lake of the Woods Recreation Area, 6700 St. Charles Road, 474-7878

- ✓ Outdoor Facility
- ✓ Water Slide
- ✓ Shade Umbrellas
- ✓ Concession Stand in Clubhouse
- ✓ Recreational Swim
- ✓ Country Club Setting
- ✓ Surrounded by the Golf Course

LITTLE MATES COVE AT TWIN LAKES

Twin Lakes Recreation Area, 2500 Chapel Hill Road, 445-8839

- ✓ Recreational Swim
- ✓ Kiddie Water Park with Slides, Sprinklers, Water Cannons and Water Falls
- ✓ Limited Concessions

NOTE: All facilities are subject to early closings if low attendance (10 patrons or less in a two hour period), weather warrants, or for a special program. All outdoor facilities will remain closed whenever projected high air temperatures for the day are below 75 degrees.



STEPHENS LAKE & SPRAYGROUND

Stephens Lake Park, 2001 E. Broadway

Open May 1-September 30

- ✓ UNGUARDED Swimming Beach
- ✓ Free to the Public
- ✓ Swimming in Designated Beach Area
- ✓ Boardwalk with Shelter
- ✓ Fishing / Boating (non-motorized) Area
- ✓ Restrooms
- ✓ Plaza with interactive water fountains, geysers and jets shooting from the ground

FOURTH OF JULY SPECIAL HOURS

Celebrate our nation's birthday in the sun's warm rays at one of our city aquatic facilities. All outdoor pools will be open 12-5p on July 4. Show your military identification for FREE admission.

SWIM HOTLINE

Call 874-7663 for updated facility closings and openings.

RECREATION SWIM FEES



ALBERT-OAKLAND FAMILY AQUATIC CENTER

AGE	SINGLE ADMISSION	COUPON BOOKS (10)	(20)
1 & under	FREE		
2-15	\$2.75	\$23.75	\$41.25
Adults (16+)	\$4.00	\$34.00	\$60.00
After 5 pm (2+)	\$2.00		

LAKE OF THE WOODS/LITTLE MATES COVE AT TWIN LAKES

AGE	SINGLE ADMISSION	COUPON BOOKS (10)	(20)
1 & under	FREE		
2-15	\$1.75	\$15.75	\$26.25
Adults (16+)	\$3.00	\$27.00	\$45.00

Note: Coupon books may be purchased at each facility.

DOUGLASS FAMILY AQUATIC CENTER

1 & under, FREE ~ 2 yrs & older, \$1.25

OUTDOOR AQUATIC SEASON PASS

PASS TYPE	PRICE	BEFORE 4/28/17
Family Season Pass*	\$220	\$50 Off
Adult Season Pass	\$115	\$20 Off
Youth Season Pass	\$ 70	\$20 Off

*Family defined as maximum of two adults and up to three dependents living at same residence.

A WORD TO PARENTS

Our staff of trained lifeguards strives to maintain the highest standards in emergency training. Our goal is to provide our patrons with a safe, clean atmosphere in which families can enjoy themselves in a recreational environment. The purpose of the aquatic staff is not to supervise your child, but to prevent accidents from happening. Therefore, parents are expected to closely supervise their children and assist in enforcing the policies for the safety and enjoyment of all patrons. All children 10 and under must be accompanied and supervised at all times by a paying adult (16 years or older).

SWIM ATTIRE

Appropriate swim attire is required to enter ALL aquatic facilities. Appropriate swim attire is defined as clothing specifically designed for use in the water. Some examples of inappropriate attire include, but are not limited to: basketball shorts, sports bras and shorts, sweatpants, cut-off shorts, & cargo shorts. Aquatic cashiers will ask to see swim attire at time of entry, those without appropriate attire will not be admitted.

SWIMSUIT DRIVE

Parks and Recreation is collecting new or gently used swim attire for those in need. Please bring any items to the ARC. Thank you!



STAFF TRAINING

In an attempt to provide the safest facilities possible, our staff undergoes extensive training. In an attempt to simulate real situations this training could happen at any time, including during recreational swimming times. Please do not be alarmed; a "Lifeguards in Training" sign will be posted. Training aids may include lifelike mannequins. We apologize for any inconvenience this may cause.

DIAPER POLICY

- Patrons requiring diapers are prohibited from entering the pool without waterproof swim diapers or plastic pants with elastic legs and waistband.
- Swimmers not wearing swim diapers will be asked to exit the swimming area until a swim diaper is acquired. Disposable swim diapers can be purchased at the facilities.
- Adults are required to change diapers at designated diaper changing stations located in the changing rooms. Please do not change diapers on the aquatic facility deck, in the concession area or party rooms.
- Children and patrons who have had diarrhea within the past two weeks are asked not to use the facility.
- Adults should ask their children to refrain from drinking the pool water.
- If your child or another child does have an accident in the pool water or deck area, **please notify a staff member immediately.**



..... FACILITY HOURS

ARC WATER ZONE	ALBERT-OAKLAND FAMILY AQUATIC CENTER	HICKMAN POOL	LAKE OF THE WOODS POOL	DOUGLASS FAMILY AQUATIC CENTER	LITTLE MATES COVE AT TWIN LAKES
MAY	MAY	MAY	MAY	MAY	MAY
See ARC section, pg. 15	OPEN FOR SEASON May 27, 28, 29 12-5p Open May 30 & 31 12-7p	CLOSED	CLOSED	CLOSED	CLOSED
JUNE / JULY	JUNE / JULY	JUNE / JULY	JUNE / JULY	JUNE / JULY	JUNE / JULY
See ARC section, pg. 16 The Water Zone will be CLOSED July 22-30	M-F 12-7p Sa 11a-5p Su 12-5p	LESSONS ONLY See pg. 17	OPEN FOR SEASON June 2 M, W, F 1-7p T, Th, Su 12-5p Sa 11a-5p	OPEN FOR SEASON June 2 M, W, F 1-7p T, Th, Su 12-5p Sa 11a-5p	OPEN FOR SEASON June 2 M, W, F 11a-7p T, Th, Su 12-5p Sa 11-5p
AUGUST	AUGUST	AUGUST	AUGUST	AUGUST	AUGUST
See ARC section, pg. 16	M-F 12-7p Sa 11a-5p Sun 12-5p Last Weekday: Aug 11 Open Aug 12, 13, 19, 20, 26, 27 12-5p CLOSED Aug 14-18, 21-25, 28-31 * Little Swimmers	CLOSED	M, W, F 1-7p T, Th, Su 12-5p Sa 11a-5p Last Day: Aug 6	M, W, F 1-7p T, Th, Su 12-5p Sa 11a-5p Last Day: Aug 6	M, W, F 11a-7p T, Th, Su 12-5p Sa 11a-5p Last Day: Aug 6
SEPTEMBER	SEPTEMBER	SEPTEMBER	SEPTEMBER	SEPTEMBER	SEPTEMBER
See August issue of Leisure Times	CLOSED Sept 1 Open Sept 2, 3, 4 12-5p After Labor Day CLOSED FOR SEASON	See August issue of Leisure Times	CLOSED FOR SEASON	CLOSED FOR SEASON	CLOSED FOR SEASON

NOTE

*Tuesday Little Swimmers is free for aquatic season pass holders. Little Swimmers hours are AOFAC: Mon-Fri. 10:45-11:45a. All facilities are subject to early closings if low attendance (10 patrons or less in a two hour period), weather warrants, or for a special program. All outdoor facilities will remain closed whenever projected high air temperatures for the day are below 75 degrees.



INCLEMENT WEATHER POLICY

Lightning poses a serious risk of injury at our aquatic facilities, including our indoor facilities. Due to the seriousness of this issue, we have developed the following policy for our aquatic facilities. When inclement weather occurs, the water will be cleared and our staff will remain at the facility and attempt to reopen as soon as possible. If we are unable to reopen after forty-five minutes, the pool will close and attempt to reopen later in the day. This policy is in effect until one hour prior to official closing time. All facility closings will be announced on the Swim Hotline (874-7663).

FLOTATION DEVICES

Flotation devices are welcome at our aquatic facilities under these guidelines.

- We recommend U.S. Coast Guard approved devices only.
- Children 10 and under may only use when adult (16 or older) is supervising the child.
- The size of the flotation devices may be restricted by aquatic staff.
- Water wings or arm floaters are strongly discouraged for use as flotation devices.



BOOK NOW!!! AQUATIC PRIVATE RENTALS

Enjoy a pool side private party, family reunion or office party in a pleasant environment. Aquatic facilities may be reserved for a two-hour time period after recreational swim times or other times when the facilities are not in use. Lifeguards are provided. Children and youth groups must have one adult to every ten children. All regular facility rules are in effect. Reservations are accepted on a first come, first served basis and may be made in person at the ARC, 1701 W Ash, or by calling 874-7700. All arrangements must be made a minimum of two weeks in advance and payment due at time of reservation. Open invitations to private aquatic rentals are not allowed to be posted on social media.

RENTAL RATES

ARC	See ARC Water Zone rates, page 14
Albert-Oakland Family Aquatic Center	\$250
Without Water Play Area	\$168
Water Play Area only	\$99
Douglass Family Aquatic Center	\$117
Hickman Pool	\$168
Lake of the Woods Pool	\$117
Little Mates Cove at Twin Lakes	\$155

- These rentals are for groups of 50 or less. Each additional person counted over 50 is \$1 each. Every one attending is counted, even if they do not swim.
- Rental fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation.

AQUATICS SPECIAL EVENTS

LITTLE SWIMMERS PLAYTIME @ AOFAC

Come enjoy the play structure and zero depth area at Albert-Oakland Family Aquatic Center or the kiddie water park at Little Mates Cove during a time specifically reserved for little ones and an adult playmate. Daily admission fee is required for all participants which includes all little ones and their adult playmates. This activity is for ages 10 and under with an adult (16 years or older).

Mon-Fri, June 5-Aug 4, AOFAC 10:45-11:45a

Tuesday is free for aquatic season pass holders

Fee \$1 for all participants

LITTLE SWIMMERS AT THE ARC, PAGE 14

BIRTHDAY PARTY SPECIALS

1. Birthday parties are held at the ARC Water Zone, Lake of the Woods Pool, and Little Mates during the summer season. **For ARC party packages see page 14.** Lake of the Woods and Little Mates parties are available for children 12 and under during public recreation swim times. The party fees below apply.

2. Reservations must be made a minimum of two weeks in advance.
3. Reservations can **only be made** by calling the ARC at 874-7700.
4. Payment must be made at the time of reservation of the party. Payments may be made over the phone with a MasterCard or Visa.
5. Everyone who enters is counted. To insure proper supervision and safety, the adult to child ratio must be one adult to every 10 children.

Party Fees — Pool admission for each attendee plus any of the following: **Tables:** \$7 per hour per table; **Pizza:** \$9 per large pizza; **Drinks:** \$3.75 per 10 pack of Kool-aid Jammers. **NOTE:** Parties may order as many pizzas and as much Kool-aid as desired for the number of attendees. Cake, ice cream, cookies or other party treats may be brought into the facility when a party is booked.

FAMILY SPLASH BASH

Bring the family and watch the sunset while you swim, have dinner and enjoy music. Glow sticks provided, dinner includes hot dog, chips, and Kool-Aid. Children under 10 must be accompanied by an adult. Season passes not valid. **Registration required.**

Location: Lake of the Woods Pool

Class #	Date	Time	Age	Price
316902-01	F: Jul 7	7:30-9:30p	All	\$5/person
316902-02	F: Jul 21	7:30-9:30p	All	\$5/person

SAFETY DAY

Learn basic aquatic safety in four stations featuring variety of water safety topics and fun games.

Douglass Family Aquatic Center

July 6, 9:30-11:30a

Free admission on this day and time only.

FATHER'S DAY SPECIAL

Dads, get FREE admission at all City outdoor pools with the purchase of a child's admission! Valid on Father's Day only.

June 18, All pools, all day



WATER ZONE BIRTHDAY PARTY PACKAGES

Celebrate your birthday at the ARC! We offer great party packages for you. Reservations can be made by calling the ARC at 874-7700 or by reserving them in person. Payment must be made at the time of reservation either in person or over the phone with a MasterCard or Visa. More information will be located on the back of the party contract.



ALL PACKAGES INCLUDE:

- 2 hours in selected party room
- Pizza or hotdogs & chips, additional pizza may be purchased
- Soda or Kool-aid
- Daily admission for the number of guests specified in the package
- Souvenir party t-shirt for the birthday child
- Wrist bands to enter the facility
- Free birthday invitations to all party participants with free guest pass for future ARC visit
- Party attendant will deliver food and drink
- Guests may stay and enjoy the ARC after the party is over

ROOM TIMES

Mon, Wed, or Fri 1:30-3:30*p, 4-6*p; 6:30-8:30p
Sat or Sun 12-2p or 2:30-4:30p

Parties are only available during Rec swim times.

**Available when school is not in session or on early release days*

**RECEIVE \$25 OFF YOUR PACKAGE COST WHEN
YOU HAVE YOUR PARTY ON MONDAY OR WEDNESDAY!**

BASIC PACKAGE

Room: Raindrop
Participants: 15 max
Food: 4 pizzas or hotdogs & chips
Cost: Member \$143.75
Nonmember \$172.50

DELUXE PACKAGE

Room: Typhoon
Participants: up to 25
Food: 5 pizzas or hotdogs & chips
Cost: Member \$172.50
Nonmember \$201.25

EXTREME PACKAGE

Room: Typhoon
Participants: up to 35
Food: 6 pizzas or hotdogs & chips
Cost: Member \$201.25
Nonmember \$230

ULTIMATE PACKAGE

Room: Typhoon
Participants: up to 45
Food: 7 pizzas or hotdogs & chips
Cost: Member \$230
Nonmember \$258.75

**All adults and children attending the party will be counted.*

WATER ZONE ROOM RENTAL

If you're looking for a room to rent where you plan the party, menu and have easy access to the pool, we have some rooms just for you! This two-hour package does not include admission into the facility. See page 6 for fees. Available Mon, Wed, or Fri 1:30-3:30*p, 4-6p, 6:30-8:30p.

Rooms	Raindrop	Typhoon
Maximum Capacity	15 persons	55 persons
2-Hour Room Rental	\$37	\$50

- Extra pizza cost \$9
- T-Shirt cost \$6
- Admission to the ARC is REQUIRED for each person with this room rental.
- If swimming isn't part of your plan, we have other room rental options, see page 8.
- *Available when school is not in session or on early release day*

ARC WATER ZONE

HOLIDAY HOURS

May 29	11a-12p Lap Swimming	12-5p Rec Swim
July 4	11a-12p Lap Swimming	12-5p Rec Swim

REC SWIM

Try three story water slide, take a trip around the lazy river, or go for a spin in the vortex. Children 10 years and under can enjoy the zero depth entry and our water play feature. In addition, there are three, 25-yard lap lanes available during this time for your workout.

LAP/SPA/WALK

Water provides the opportunity to exercise in numerous ways that are not available in typical land based activities. Water lends itself to a well-balanced workout that improves all major components of physical fitness, aerobic training, muscular strength and endurance, flexibility and body composition. Patrons 16 and older can enjoy the Hydro Therapy Pool.

WATER AEROBICS CLASS

This program uses the buoyant qualities of water to enhance physical fitness through exercises. It can be low-, medium- or high-impact, designed to provide cardiovascular conditioning, improve muscle tone and improve balance. It is a total body workout without the stress of land-based exercise.

MOVING MY JOINTS

For those who are challenged by arthritis or have special conditions that make the other group fitness classes too difficult. This class is beneficial for participants who need a slower paced workout.

LITTLE SWIMMERS PLAYTIME @ THE ARC

Come enjoy the play structure, zero-depth area and the lazy river of the ARC Water Zone during a time specifically reserved for the little ones and an adult playmate. Daycare providers, please see our special day care swim times. Daily admission fee is required for all participants which includes all little ones (8 and under) and their adult playmates. Children must be accompanied by an adult (16 or older).

Mon - Thurs 11a-12p
Tues & Thurs are free to ARC members only
\$1 for all participants

LITTLE SWIMMERS AT ALBERT-OAKLAND, PAGE 13

DAYCARE SWIM

Home daycares and daycare centers are welcome to bring their children to enjoy the play structure and zero depth area of the ARC Water Zone in a time specifically reserved for you.

Reservations are required.

Required adult to child ratios: 2 years of age 1:4, 3-5 years of age 1:6, 6 years of age and older 1:10. This activity is for ages 10 and under with adult supervision (16 years and older).

Tues & Thurs 10-11a \$1 for all participants



ARC WATER ZONE SCHEDULE: APRIL 2 – MAY 27*

SUN	MON/WED	TU/THU	FRI	SAT
ARC CLOSED	Lap/Spa/Walk 5:45-7a	Lap/Spa/Walk 5:45-6:55a	Lap/Spa/Walk 5:45-7a	ARC CLOSED
	Lap/Spa/Walk 7-7:55a	Water Aerobics 7-7:50a	Lap/Spa/Walk 7-7:55a	
	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 7:10-8a
	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Water Aerobics 8:10-9a
	Moving My Joints 10-10:50a	Lap/Spa/Walk 10a-1:30p	Moving My Joints 10-10:50a	Swimming Lessons 9:10-9:55a**
Lap/Spa/Walk 9a-12p	Little Swimmers 11a-12p	Little Swimmers 11a-12p *ARC Members Free	Lap/Spa/Walk 11a-1:30p	Swimming Lessons 10:10-10:55a**
Rec Swim 12-5:30p	Lap/Spa/Walk 11a-1:30p	Water Zone Closed 1:30-3p		Swimming Lessons 11:10-11:55a**
	Water Zone Closed 1:30-3p **Spa will be closed 1:30-6p for maintenance every Wed.**	Lap/Spa/Walk 3-5:25p	Water Zone Closed 1:30-3p	Rec Swim 12-6:30p
		Water Aerobics 5:30-6:20p		
	Lap/Spa/Walk 3-5p	Water Aerobics 6:30-7:20p	Lap/Spa/Walk 3a-5p	
	Rec Swim 5-9p	Lap/Spa/Walk 7:30-9p	Rec Swim 5-9p	

WATER ZONE CLOSED

* Due to School Rentals, the Water Zone schedule may vary a few days during April / May.

** Lap/Spa/Walk is available when lessons are NOT in session.

Please call or look for special notices posted at the facility.

Classes listed in **SHADED BOX** require an additional fee.



..... ARC WATER ZONE SCHEDULE: MAY 28 – AUGUST 12
WATER ZONE CLOSED JULY 23-30 FOR ANNUAL MAINTENANCE

SUN	MON/WED	TU/THU	FRI	SAT
ARC CLOSED	Lap/Spa/Walk 5:45-7a	Lap/Spa/Walk 5:45-6:55a	Lap/Spa/Walk 5:45-7a	ARC CLOSED
	Lap/Spa/Walk 7-7:55a	Water Aerobics 7-7:50a	Water Aerobics 7-7:50a	
	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 8-8:50a	Water Aerobics 7:10-8a
	Water Aerobics 9-9:50a	Water Aerobics 9-9:50a	Water Aerobics 9a-9:50a	Water Aerobics 8:10-9a
	Moving My Joints 10-10:50a	Lap/Spa/Walk 10a-12p	Moving My Joints 10-10:50a	Swimming Lessons 9:10-9:55a*
Lap/Spa/Walk 9a-12p	Little Swimmers 11a-12p	Little Swimmers 11a-12p *ARC Members Free	Lap/Spa/Walk 11a-12p	Swimming Lessons 10:10-10:55a*
Rec Swim 12-5:30p	Lap/Spa/Walk 11a-12p	Rec Swim 12-5:25p		Swimming Lessons 11:10-11:55a*
		Water Aerobics 5:30-6:20p		Rec Swim 12-6:30p
	Rec Swim 12-9p **Spa will be closed 1:30-6p for maintenance every Wed.**	Swimming Lessons 6:45-7:30p*	Rec Swim 12-9p	
		Swimming Lessons 7:45-8:30p*		
		Lap/Spa/Walk 8:30-9p		

WATER ZONE CLOSED

* Lap/Spa/Walk is available except when lessons are in session
-Classes listed in **BLACK** are included with Daily, Multi and Annual Membership Passes.
Classes listed in **SHADED BOX** require an additional fee.
-Spa will be open when activities are scheduled in the pool except private rentals.
-Lap Swim is available during all Rec Swim times.
-Spa Maintenance will occur each Wednesday.

**ALL WATER FITNESS CLASSES, EXCEPT SPECIALTY CLASSES, ARE INCLUDED WITH ARC ANNUAL MEMBERSHIPS.
WATER FITNESS CLASSES ARE GEARED FOR 16 YEARS AND OLDER TO PARTICIPATE.**



COLUMBIA PARKS & RECREATION

LEARN TO SWIM PROGRAM

Registration will be taken at the ARC located at 1701 W. Ash (874-7700) or the Parks and Recreation office located at 1 S. 7th Street (874-7460).

Registration ends at noon on the Thursday prior to the session. After that day, participants may only register by calling the manager at the facility to determine space availability. Participants may register in person, by mail or over the phone with a Master Card or Visa. Payment at the time of registration is required.

LEARN TO SWIM COURSE DESCRIPTIONS

MINIMUM AGE: 3 YEARS BY FIRST DAY OF CLASS

LEARN TO SWIM

Minimum age - 3 years old by first class. Children will be placed in class levels 1-6 by aquatic staff according to their age and previous swim experience. If your child has taken lessons with us previously, please give this information at time of registration to insure proper class placement. Instructors reserve the right to determine your child's level of performance and adjust class placement accordingly.

Location: ARC, Albert-Oakland or Hickman Pool, see below

Class #	Date	Time	Place	Age	Price
316900-17	Tu, Th: Apr 4-27	6:30-7:15p	HICK	3-15	\$48
316900-18	Sa: Apr 8-May 6	9:10-9:55a	ARC	3-15	\$30
316900-19	Sa: Apr 8-May 6	10:10-10:55a	ARC	3-15	\$30
316900-20	Sa: Apr 8-May 6	11:10-11:55a	ARC	3-15	\$30
316900-01	Sa: Jun 3-Jul 15	9:10-9:55 a	ARC	3-15	\$43
316900-02	Sa: Jun 3-Jul 15	10:10-10:55a	ARC	3-15	\$43
316900-03	Sa: Jun 3-Jul 15	11:10-11:55a	ARC	3-15	\$43
316900-04	M-Th: Jun 5-Jun 15	10-10:45a	HICK	3-15	\$48
316900-05	M-Th: Jun 5-Jun 15	11-11:45a	HICK	3-15	\$48
316900-06	M-Th: Jun 5-Jun 15	5:30-6:15p	HICK	3-15	\$48
316900-07	M-Th: Jun 5-Jun 15	6:25-7:10p	HICK	3-15	\$48
316900-08	M-Th: Jun 19-Jun 29	10-10:45a	HICK	3-15	\$48
316900-09	M-Th: Jun 19-Jun 29	5:30-6:15p	HICK	3-15	\$48
316900-10	M-Th: Jun 19-Jun 29	6:25-7:10p	HICK	3-15	\$48
316900-11	Tu,Th: Jun 20-Jul 18*	6:45-7:30p	ARC	3-15	\$48
316900-12	Tu,Th: Jun 20-Jul 18*	7:45-8:30p	ARC	3-15	\$48
316900-13	M-Th: Jul 10-Jul 20	11-11:45a	HICK	3-15	\$48
316900-14	M-Th: Jul 10-Jul 20	5:30-6:15p	HICK	3-15	\$48
316900-15	M-Th: Jul 10-Jul 20	6:25-7:10p	HICK	3-15	\$48
316900-16	M-Th: Jul 24-Aug 3	11-11:45a	AOFAC	3-15	\$48

* No Class: 7/4, 7/12

LEVELS	REQUIREMENTS	SKILLS TAUGHT
LEARN TO SWIM (Level One) STARFISH	None. The objective of Level 1 is to help students feel comfortable in the water.	Introduction to supported floating, emersion of face into water, blowing bubbles, introduction to kicking.
LEARN TO SWIM (Level Two A) CLOWNFISH	Passed Level One or demonstrate equivalent skills.	Ability to show some independence in water. Introduction to basic strokes.
LEARN TO SWIM (Level Two B) BLUEFISH	Passed Level Two A or demonstrate equivalent skills.	Independently float, demonstrate ability to move through water. Coordinate with support kicks and arms.
LEARN TO SWIM (Level Three) SEA TURTLES	Passed Level Two B or demonstrate equivalent skills.	Coordinate the front crawl and back crawl; Introduction to elements of butterfly; introduction to elements of breast stroke.
LEARN TO SWIM (Level Four) STINGRAYS	Passed Level Three or demonstrate equivalent skills.	Develop confidence in the strokes learned in previous levels; Build on butterfly and breast stroke.
LEARN TO SWIM (Level Five) DOLPHINS	Passed Level Four or demonstrate equivalent skills.	Coordination and refinement of strokes; Increase distances; Flip turns.
LEARN TO SWIM (Level Six) SHARKS	Passed Level Five or demonstrate equivalent skills.	Refine strokes-ease, efficiency, power, smoothness of greater distances.

PRIVATE SWIM LESSONS	Swimmers of all levels may sign up for this class. If you're a beginner or an avid swimmer, our instructors will help you improve your skills with one-on-one supervision. Registration for these classes is on a first-come, first-served basis. The lessons are for 6 half-hour sessions. Limited times available. Fee \$96
SEMI-PRIVATE SWIM LESSONS	Semi-private lessons are available for a maximum of 2 participants (it is up to the individual to locate other individuals to form semi-private lessons.) Fee \$125



Youth and Teen Aquatics | Water Specialty Classes

DAY CARE SWIM LESSONS

Designed to provide a safe, enjoyable recreation experience for the day care groups that wish to come all at once. This course is taught in a small group format.

Location: Hickman Indoor Pool @ Hickman High School

Class #	Date	Time	Ages	Price
316901-01	M-Th: Jun 19-Jun 29	11-11:45a	3+	\$48
316901-02	M-F: Jul 10-Jul 20*	10-10:45a	3+	\$48

* No Class: 7/12

ADAPTIVE SWIM

Designed to provide a safe, enjoyable recreation experience for individuals who have physical disabilities, impairments or are developmentally disabled. The participation of a family member is encouraged and may be required. This course is taught in a small group format.

Location: Hickman Indoor Pool @ Hickman High School

Class #	Date	Time	Age	Price
316600-07	T, Th: Apr 4-27	7:30-8:15p	3+	\$48
316600-01	M-Th: Jun 5-Jun 15	9-9:45a	3+	\$48
316600-02	M-Th: Jun 5-Jun 15	7:15-8p	3+	\$48
316600-03	M-Th: Jun 19-Jun 29	9-9:45a	3+	\$48
316600-04	M-Th: Jun 19-Jun 29	7:15-8p	3+	\$48
316600-05	M-F: Jul 10-Jul 20*	9-9:45a	3+	\$48
316600-06	M-F: Jul 10-Jul 20*	7:15-8p	3+	\$48

* No Class: 7/12

PARENT & CHILD SWIM LESSONS

Infant/Toddler Swim Lessons for ages 6 months to 3 years. A parent must accompany the child in the water. Program is intended to help the child develop a comfort level in and around the water, as well as to provide the parent with the necessary knowledge and skills to orient the child.

Location: See below

Class #	Date	Time	Place	Age	Price
316700-05	T, Th: Apr 4-27	6:30-7p	HICK	6 mos-3	\$43
316700-01	M-Th: Jun 5-Jun 15	6:30-7p	HICK	6 mos-3	\$43
316700-02	M-Th: Jun 19-Jun 29	6:30-7p	HICK	6 mos-3	\$43
316700-03	M-F: Jul 10-Jul 20*	6:30-7p	HICK	6 mos-3	\$43
316700-04	Sa: Jun 3-Jul 15	10:10-10:40a	ARC	6 mos-3	\$43
316700-06	Sa: Jun 3-Jul 15	11:10-11:40a	ARC	6 mos-3	\$43

* No Class: 7/12

MAKE-UP DAYS

Make-up days will be scheduled the Friday following the last day of lessons only if a cancellation is made by Parks and Recreation staff. There are no make up days for the ARC or lessons missed for personal reasons.

In the event of inclement weather, please call 874-7663. This is a recorded message and there will be a message updated one hour prior to the class starting time if the class is canceled. Note: Cancellations are made as soon as possible but due to changing weather conditions the time of the cancellations may vary.

REFUND POLICY

For information on the refund policy please see the General Information section, page 5.

WATER SPECIALTY CLASSES

DEEP WATER AEROBICS

This low-impact session workout is designed to strengthen and tone all muscle groups with maximum aerobic effort. Instructors will use resistance equipment during this class to challenge participants. Pre-registration is required.

Location: Pool @ Hickman High School

Class #	Date	Time	Age	Price
301205-01	Tu,Th: Apr 4-Apr 27	5:30-6:20p	16+	\$32
301205-02	Tu,Th: May 2-May 18	5:30-6:20p	16+	\$24

Location: Albert-Oakland Family Aquatic Center

Class #	Date	Time	Age	Price
301205-03	M,W: Jun 5-Jun 28	6- 6:50p	16+	\$32
301205-04	M,W: Jul 10-Aug 2	6- 6:50p	16+	\$32

STARGUARD LIFEGUARD TRAINING

Learn first aid, CPR, oxygen administration, and how to handle incidents in a professional manner. Pre-requisites: tread water for one minute using legs only, swim 50 yards w/tube, 50 yards w/o tube continuously (front crawl or breast stroke), retrieve 10-pound object from 10 feet, access Internet (class requires online course). Test must be submitted first day of class. Age: Must be 15 by first day of course. Late fee of \$10 assessed: registration deadline is 10 days prior to start of class.

*Price: Free for guards employed by Columbia Parks and Recreation, \$130 for other participants. Class meets on Friday from 5p-9p, Saturday and Sunday from 8a-5p

**Please pick up your book at the ARC front desk, 1701 West Ash Street, PRIOR TO class start date. You must also complete the online portion of the class BEFORE the first day of class. An online key code is included with your book.

Location: Pool @ Hickman High School

Class #	Date	Time	Ages	Price
301301-01	F-Su: Apr 7-Apr 9*	8a-5p*	15+	\$130
301301-02	F-Su: Apr 28-Apr 30*	8a-5p*	15+	\$130
301301-03	F-Su: May 12-May 14*	8a-5p*	15+	\$130
301301-04	W-F: May 31-Jun 2	8a-5p	15+	\$130

* Fridays: Class time is 5-9p





LIFEGUARD RE-CERTIFICATION

The recertification course is offered to those currently certified by Starguard lifeguarding and CPR who need to be recertified. Current certification must not be expired prior to first day of class. The training and CPR certification is good for one year. Training will consist of a review of the class materials, a final skills test, and a final written test. *The day of the class you will need to bring your certification card. Enrollment in class does not guarantee a passing grade. Please contact us directly at 874-7700 to register.

Location: Hickman Indoor Pool @ Hickman High School

Class #	Date	Time	Age	Price
301302-01	Su: Apr 23	8a-5:30p	15+	\$100

SUMMER SWIM TEAM

Join in the spirit and fun of our summer swim team, the Piranhas! This team is designed for Columbia area youth (age 5-18) to participate on a summer recreational swim team. This team is part of the Show-Me League. The team welcomes beginner team members!

Location: Hickman Indoor Pool @ Hickman High School

Class #	Date	Time	Ages	Price
316903-01	M,Tu,Th,F: Jun 1-Jul 12*	3:15- 4:15p	5-18	\$100

* Meets on Wednesdays 4-8p

COLUMBIA SWIM CLUB

Be a part of a year-round swim team. The Columbia Swim Club is the oldest and longest running swim team in Columbia. The club is a non-profit organization co-sponsored by the Columbia Parks and Recreation Department designed to promote competitive swimming in the community. The goal of the club is to introduce athletes to the fun and excitement of a life sport, improve their stroke technique and self-confidence. CSC swims year round and you can join any time. Contact a coach at Columbia Swim Club at sarah@csctigersharks.org or visit <http://www.csctigersharks.org/> for more information.

ADULT AQUATICS

ADULT SWIM INSTRUCTION

You're never too old to learn to swim! These private lessons are for adults who would like to get acquainted or reacquainted with the water, brush-up on skills, and learn some new ones. This personal setting allows you to learn at your own pace toward your personal goals. Your six half-hour sessions are set according to your schedule with your instructor at any of our six guarded facilities. Please call the ARC at 874-7700 to register.

Price: \$96

ADULT LAP SWIM ONLY

This is a time for adults (16 and older) to enjoy lap swimming or water walking outside in the fresh summer air at Albert-Oakland Family Aquatic Center. It does take place during Little Swimmers but in a separate pool.

Mon-Fri, June 5-Aug 4, 10:45-11:45a

Price: \$1 for all participants

** Two lanes during Swim lessons will be reserved for Lap swimmers. AOFAC Lessons Jul 24-Aug 3

DIVE INTO A POOL OF OPPORTUNITY...

as a lifeguard or swim instructor. The Columbia Parks and Recreation Department is hiring enthusiastic lifeguards and instructors for the summer. If you have initiative and want to learn skills that will last a lifetime then come join the BEST Aquatic Team in town. Contact the City of Columbia Human Resources Department at 874-7235 for more information or find them on-line at www.CoMo.gov.

ARTS, CRAFTS & LEISURE

CLASSES FOR KIDS AND TEENS

SATURDAY GAME ROOM DROP-IN

Bored on Saturday mornings and afternoons? Come to the Armory with your family and friends to play ping-pong, foosball, shuffleboard, air hockey, safe darts, or just watch a movie.

Location: Recreation Room @ Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	Saturdays	9a-1p	7-17	Free

4TH FRIDAY KIDS' NIGHT

Parents, need some time out? Kids, just want to have fun? We're here to help! Sign up to drop off the kids for a fun night of crafts, games, snack and movie at Hillcrest Community Center on the 4th Friday of most months. Pre-registration is required.

Location: Hillcrest Room D @ Waters-Moss



Class #	Date	Time	Age	Price
302909-01	F: Apr 28	6-9:30p	4-10	\$15
302909-02	F: Jun 23	6-9:30p	4-10	\$15
302909-04	F: Jul 28	6-9:30p	4-10	\$15
302909-05	F: Aug 25	6-9:30p	4-10	\$15

ARMORY SCIENCE KLUB (ASK)

Hey kids! Do you love performing science experiments? If so, then join ASK - the Armory Science Klub - where we study the world around us by ASKING questions and doing experiments. Young scientists will erupt volcanoes, make electricity and magnets, discover chemical reactions, launch rockets and more. Different experiments every session.

Location: Downstairs Classroom @ Armory Sports Center

Class #	Date	Time	Age	Price
313900-01	Th: Apr 6-May 11	6-7p	8-10	\$27



Arts, Crafts and Leisure

MOVIE NIGHT

Bored with just sitting at home on a Saturday evening? Watch age-appropriate movies with other youth in Columbia. Popcorn and soft drinks will be provided. Call 874-7460 or check www.CoMo.gov for the movie titles showing this month! Please enter the building downstairs from the back parking lot.
Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	1st & 3rd Saturdays	6-8:30p	All	Free

BEGINNING SEWING

With a few tips, learn how to make a simple project from start to finish. Some of the basic skills taught include pattern reading, cutting and measuring material, learning how to use the sewing machine, and hand sewing. Please call 817-5077 for the supplies you need for the class.
Location: Armory Sports Center

Class #	Date	Time	Age	Price
302918-01	Sa: Apr 8-May 13	9-10:30a	10-14	\$36

MAKING ART MASTERPIECES

Dive in with paint, oil crayons, colored pencils and more to create a new masterpiece every week. Use the same techniques used by artists. Add your own touch to create something you'll want to frame and keep! This class is taught by the Vessels Internationals group!
Location: Armory Sports Center

Class #	Date	Time	Age	Price
302917-01	Tu: Apr 4-May 9	5:30- 6:30p	7-12	\$5

CLASSES FOR TEENS AND ADULTS

K.E.Y. GIRLS SCOUT DAY

Calling all Girl Scouts, Daisies and Brownies! Join us for an afternoon of active fun! Learn teamwork, how to stay active, self-defense techniques and work on a journey trail.
Location: Armory Sports Center

Class #	Date	Time	Age	Price
314803-01	Sa: May 6	1-6p	11-15	\$5

"LATE NIGHT" TEEN RECREATION

Get together with your friends in a fun, supervised environment this summer! Pick-up basketball and volleyball are available. Note: No adults allowed.
Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	F, Sa: June 9-Aug 5	7-11p	12-17	Free

* Skip 7/21, 7/28

"REFLECTIONS" POETRY SOCIETY

Have something to say and want it heard? Join us to write, critique and hold discussion groups. No experience required except a desire to explore the written word as expression. Adults as well as teens are welcome. Please email Mary.Dewey@CoMo.gov for more information.
Location: Main Floor Classroom @ Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	1st & 3rd Wednesdays	6-7p	13+	Free

LEARN TO CROCHET

Learn the relaxing and satisfying art of crochet! This class will focus on the basics of crochet, such as materials, crochet terms, stitches and reading a crochet pattern. Please bring G, H, and I crochet hooks; 4-ply acrylic yarn; yarn needle; 6-inch ruler; and be prepared to purchase a beginning Crochet book. Pre-registration required.

Instructor: Lynn Darst

Location: Conference Room @ ARC

Class #	Date	Time	Age	Price
302200-01	W: Jun 7-Jun 28	6-8p	12+	\$37

CONTINUING CROCHET

Now that you've learned the basics of how to crochet, don't stop there! Continue to expand on your crochet skills and knowledge in this class. Bring the project you are currently working on and supplies needed for it. Pre-registration required.

Instructor: Lynn Darst

Location: Conference Room @ ARC

Class #	Date	Time	Age	Price
302204-01	W: Apr 5-Apr 26	6-8p	12+	\$37
302204-02	W: Jul 12-Aug 2	6-8p	12+	\$37

INTRO TO VOICEOVERS

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that?" This fun and empowering 2 hour introductory workshop covers the different types of voiceovers and what tools are needed in order to find success in the industry. You'll be coached as you perform a real voiceover script and be recorded so that you can receive a professional voiceover evaluation later. After class you will have the knowledge necessary to help you decide if this is something you'd like to pursue. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
313138-01	W: May 17	6-8p	18+	\$49





DOGS AND STORKS

Ease into the transition from pet parents to baby parents with pets. Learn positive, practical, and fun solutions that will help you include your dog once baby arrives. This new workshop is perfect for expecting families with dogs, as they prepare for life with baby. Pre-registration required.

Instructor: Steven Bishop

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
313142-01	Tu: Apr 11	6:30-8:30p	18+	\$25
313142-02	Tu: Jul 18	6:30-8:30p	18+	\$25

DROP IN KNITTING AND CROCHET

Drop by the Armory to learn how to knit or crochet! You'll learn simple projects, such as hats, scarves and pot holders. Some material will be provided or bring your own. Last day is May 22.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	Mondays	5:30-6:30p	10+	Free

SILVER AND GOLD SENIORS CLUB

Join this mature adults group that meets weekly to enjoy each other's company. If you are interested in fun activities such as bingo, ceramics, quilting, pokeno, card games, arts and crafts, field trips, or movies, then join us! Call 874-6378 for information or 817-5077.

*Location: Armory Sports Center**



Class #	Date	Time	Age	Price
Drop in	Tuesdays*	2-4:30p	55 and up	Free

* 2nd Tuesday of month, meet @ Paquin Tower

CERAMICS, PAGE 9

Five Ways to Register:

- Online:** Go to www.CoMo.gov
- Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
- Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
- Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)



Career Awareness Related Experience (CARE) Program

Located in the Armory Sports Center,

701 East Ash Street, 2nd Floor

Columbia, MO 65201

(573) 874-6300

tonia.turner@CoMo.gov

<http://www.CoMo.gov> (search CARE)

Like us on Facebook: City-of-Columbia-CARE-Program

Follow us on Twitter: CareColumbiaMO

Follow us on Instagram: c.a.r.e.program

"Investing in our Youth, Investing in our Future"

The CARE program's goal is for Columbia's youth to be ready to enter the workforce and become productive, self-sufficient citizens. Since 1982, the CARE program has provided comprehensive services for Columbia's at-risk youth that include:

- job readiness training
- paid real-world hands-on work experience
- mentoring
- career exploration
- money management training



The CARE program hires at-risk 14- to 20-year-olds who live in the City of Columbia, MO and/or attend a Columbia, MO school and places them at local businesses, where they gain much needed real-world hands-on work experience while getting paid. One hundred percent of the trainees' wages are paid by CARE, which is administered through the Columbia Parks and Recreation Department.



WANT TO MAKE A DIFFERENCE THIS SUMMER, WHILE GETTING FREE LABOR?

CARE depends on partnerships with area companies (work site partners) to provide the work sites and the real-world hands-on work experiences for its trainees; however, 100% of the trainees' wages are paid by CARE. There is zero financial cost to the work site partners.

Work site partners are investing in our future by investing in our youth, while at the same time receiving free labor. The youth trainees gain valuable employment experience and life skills while earning a paycheck. CARE is a win-win-win situation for the trainees, the work site partners, and the Columbia community as a whole.

For more information on how your company can make a difference and get free help, contact Tonia Turner at tonia.turner@CoMo.gov or (573) 874-6300.

CITY OF COLUMBIA 2016-2019 STRATEGIC PLAN

#1: Economy: Jobs that support families – how do we create more living wage jobs?

City Manager, Mike Matthes: *"It all starts with a job and a living wage. I know of no path out of poverty that doesn't include a good job."* High-risk teenagers face many barriers to joining the labor force, especially in Columbia, because of substantial competition from thousands of college students for the available entry-level jobs. The CARE program can help break down those barriers. Without an entry level job and proper mentoring, many of Columbia's local youth may never realize the dream of obtaining a good job and supporting their family.

#2: Social Equity: Improving the odds for success – how can we strengthen our community so all individuals thrive?

City Manager, Mike Matthes: *"To me, social equity means correcting the imbalances that keep people from breaking the cycle of poverty. It means offering an intentional leg-up to provide opportunities to those who need the most help to develop personal responsibility and improve their odds for success. This is not a government hand-out. I know from personal experience; however, that without access to education, living wage jobs, and support services, it's nearly impossible to break the chains of poverty."* The CARE program is a paid real-world hands-on work experience program in which trainees learn by doing. It is the classic "hand up" program.

#3: Public Safety: Safe wherever you live, work, learn, and play?

City Manager, Mike Matthes: *"No matter where you live, you want to be safe and feel secure"* Lack of job readiness skills, employment experience, positive adult role models, career exposure, and life skills training can lead to adolescents being unemployed and/or underemployed. Unemployment and underemployment can lead to increased:

- truancy and high school dropout rates • emotional problems
- crime, jail, and prison • adolescent pregnancy
- alcoholism/drug addiction
- dependence upon government assistance

CARE ART GALLERY

The CARE Art Gallery, which began in 2000, serves as a visual arts work site for the CARE program. Approximately 15 creative youth are given the opportunity to work as paid artists (minimum wage) for eight weeks. Art Gallery trainees work with and learn from professional artists. They participate in art activities designed to enhance their existing skills and knowledge. Art Gallery trainees learn about artistic techniques, a variety of media, and create their own artwork. The Art Gallery is funded in part by the Missouri Arts Council and the City's Office of Cultural Affairs.



CAMP SALSA

Camp Salsa is also an 8-week summer program. It is a collaborative academic/employment effort between the CARE program, MU Family Impact Center, Columbia Center for Urban Agriculture, Columbia Public Schools, and Centro Latino. Camp Salsa began in 2015.

Camp Salsa provides opportunities for about 15 local high school students to work from beginning to end on a project to foster skills that can be transferred into the workforce.

COMPUTERS

CLASSES FOR ADULTS

OPEN COMPUTER LAB

For youth and adults. Do research, check your email, create documents, surf the Internet, and play online or offline games. Use is first-come first-serve.

Location: Computer Lab @ Armory Sports Center

Class #	Date	Time	Age	Price
Drop In	M-F	8a-2p	18+	\$1/use or \$5/monthly pass

DANCE, CHEERLEADING & TUMBLING . . .

CLASSES FOR PRESCHOOLERS

TODDLER JAZZ, BALLET AND CHEER

Learn the basics of ballet, jazz dance and cheerleading movement and skills in this fun class (with parent). Pre-registration required.

Instructor: Carrie Burns

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
307703-01	Th: Apr 6-Apr 20	6-6:30p	2-3 w/ parent	\$35
307703-02	Th: Jun 22-Jul 6	6-6:30p	2-3 w/ parent	\$35



Dance, Cheerleading and Tumbling

TODDLER TUMBLE TOTS

Explore simple floor exercise, dance, music, movement and imagination through dance games, musical activities, simple tricks and more! Have fun and learn while gaining flexibility and coordination. Pre-registration required.

Instructor: Carrie Burns

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
307702-01	Th: Apr 6-Apr 20	6:30-7p	2-3 w/ parent	\$35
307702-02	Th: Jun 22-Jul 6	6:30-7p	2-3 w/ parent	\$35

PRESCHOOL SUMMER DANCE CAMP

Learn very basic dance moves and a fun routine to perform in the all-camp dance show on Friday at 9a. Don't miss this fun parent-child interactive camp! Pre-registration required.

Instructor: Carrie Burns

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
305712-02	M-F: Jul 17-Jul 21*	12-12:30p	2-4 w/ adult	\$45

* Friday is show only at 9a

CLASSES FOR YOUTH

FATHER-DAUGHTER DANCE NIGHT

Come one, come all! Don't miss the 19th annual Father-Daughter Dance Night. This year's theme is "Under the Big Top", so come clown around wearing your favorite circus or clown clothes. Step right up for some dancing, refreshments, and even learn a few dance steps. Pre-registration required.

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
314301-01	Su: Jun 11	5:30-7:30p	All	\$15 per couple, \$3 addl daughter

JAZZ, BALLET & CHEER

Learn upbeat jazz dance moves, exciting cheers and basic ballet skills all in one fun class! Pre-registration required.

Instructor: Carrie Burns

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
305701-01	Th: May 4-May 18	6- 6:30p	4-8	\$35
305701-02	Th: Jul 27-Aug 10	6- 6:30p	4-8	\$35

SUMMER DANCE AND CHEER CAMP

Get ready for a high-energy, fun-filled week, where you will learn dance fundamentals and routines in ballet, jazz and cheerleading. Perform what you learn in the end of camp show on Friday at 9a. Pre-registration required.

Instructor: Carrie Burns

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
303906-01	M-F: Jul 17-Jul 21	9a-12p*	5-8	\$99

* Friday is show only at 9a

TUMBLE JUMBLE

A jumble of tumble and dance fun all in one! A mix of music, dance, floor exercise, movement and imagination, through dance games, simple tricks, musical activities and more! Pre-registration required.

Instructor: Carrie Burns

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
305709-01	Th: May 4-May 18	6:30-7p	4-8	\$35
305709-02	Th: Jul 27-Aug 10	6:30-7p	4-8	\$35



BOONE COUNTY HOPPERS DOUBLE DUTCH & JUMP ROPE TEAM

Looking for a fun and unique activity? Come join the Hoppers! You will learn an assortment of jumps and will choreograph routines that incorporate those jumps, as well as performing. This is a great opportunity to get in shape, meet new friends, and have some fun! Call 817-5077 for more information.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	M, W through May 3	5-6p	7-14	Free

SHO-ME SHO-STOPPERS HIP-HOP DANCE SQUAD

This group comes together to learn and practice modern dance steps. We will create routines and hope to give public performances around Columbia and Central Missouri. We want motivated males and females to join the group and make it a success. Call 817-5077 for more information.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	M, W	4:30-5:30p	7-14	Free

LIL' LADY BULLDOGS DANCE/CHEER

This group will learn and practice several dance and cheer routines. There will be opportunities to perform at different events around Columbia. This is an excellent chance for your little one to make new friends and have fun with other young ladies. Call 817-5077 if interested.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
305909-01	W: May 3-Jun 14	6- 7:30p	6-12	\$35



Dance, Cheerleading and Tumbling | Fencing and Martial Arts

CLASSES FOR TEENS AND ADULTS

BALLROOM, SWING & COUNTRY DANCE

Get a taste of Ballroom, Swing and Country dance all in one fun class! Learn the basics of all three, including footwork and some breaks and turns. Please sign up with a partner. Pre-registration required.

Instructor: Carrie Burns

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
305204-01	Th: Mar 9-23	6-6:45p	18-adult	\$35
305204-02	Th: May 25-Jun 8	6-6:45p	18-adult	\$35



BEGINNER LINDY HOP

The original swing dance. This class is high energy and keeps your feet moving fast. Strong focus on dancing for enjoyment and socializing. Learn the basic footwork, partner communication, and some flashy moves to impress your friends with on the dance floor. Class will feature 1920-1950 era jazz and blues music. No partner required or experience required. Instructors may ask students to switch lead/follow role if class becomes unbalanced. Please bring smooth bottom or non-stick shoes.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
305213-01	M: Mar 6-Mar 27	6:30- 7:45p	13+	\$24

TAPPERCIZE

Get a cardio workout while tapping to music of different eras – from Big Band to contemporary. Tap shoes recommended but not required. Pre-registration required.

Instructor: Pat Schreiner

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
305209-01	T: Mar 21-Apr 25	5:30-6:15p	16+	\$35

FENCING & MARTIAL ARTS



CLASSES FOR YOUTH

INTRO TO FOIL FENCING

Stay healthy in body and mind, and have fun while exercising! Brief history, hand and body positions, lunges, attacks, parries, and strategy will be emphasized. Fencing jacket and equipment provided for use in class. Pre-registration required.

Instructor: John Konzal

Location: Moss Bldg. Room B @ Waters-Moss



Class #	Date	Time	Age	Price
311800-01	Th: Mar 23-May 4*	6-7:30p	10+	\$48
311800-02	Th: May 11-Jun 15	6-7:30p	10+	\$48
311800-03	Th: Jul 13-Aug 17	6-7:30p	10+	\$48

*No class 3/30

AIKIDO FOR KIDS

Learn confidence without aggression, and balance and coordination through patience and discipline. Both fun and physical, Aikido encourages harmony in the face of violence using redirection and fluid motion to end conflict both physically and verbally. Pre-registration required.

Instructor: Doris Evans

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
311908-01	Sa: Apr 8-May 13	9:30-10:30a	10-13	\$37
311908-02	Sa: Apr 8-May 13	10:45-11:45a	6-9	\$37
311908-03	Sa: May 20-Jul 8*	9:30-10:30a	10-13	\$37
311908-04	Sa: May 20-Jul 8*	10:45-11:45a	6-9	\$37
311908-05	Sa: Jul 15-Aug 19	9:30-10:30a	10-13	\$37
311908-06	Sa: Jul 15-Aug 19	10:45-11:45a	6-9	\$37

*No class 5/27, 7/1





BEGINNING TAE KWON DO

Begin learning some of the basic hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Wear comfortable clothes that you can kick in. Uniform is required after first 6-week session. Belt testing fees paid separately. Pre-registration required.

Instructor: Mr. Jim Givens

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
311301-01	Tu,Th: Apr 4-May 11	6-7p	7-adult	\$55
311301-02	Tu,Th: May 16-Jun 22	6-7p	7-adult	\$55
311301-03	M,Th: Jun 27-Aug 8*	6-7p	7-adult	\$55

* No Class: 7/4

INTERMEDIATE TAE KWON DO

Continue learning more of the hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Typically, students are ready for this class after about six months of study in the Beginning Tae Kwon Do class. Uniform is required. Pre-registration required.

Instructor: Mr. Jim Givens

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
311302-01	Tu,Th: Apr 4-May 11	7- 8p	7-adult	\$55
311302-02	Tu,Th: May 16-Jun 22	7- 8p	7-adult	\$55
311302-03	Tu,Th: Jun 27-Aug 8*	7- 8p	7-adult	\$55

* No Class: 7/4

ADVANCED TAE KWON DO

Continue refining the basics and begin learning some of the advanced hand and foot techniques of this martial art of self-defense. Develop self-confidence, discipline, coordination, balance and all-around physical fitness. Typically, students are ready for this class after reaching red belt in the Intermediate Tae Kwon Do class. Uniform is required. Pre-registration required.

Instructor: Mr. Jim Givens, 3rd degree black belt

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
311303-01	Tu,Th: Apr 4-May 11	8- 9p	7-adult	\$55
311303-02	Tu,Th: May 16-Jun 22	8- 9p	7-adult	\$55
311303-03	Tu,Th: Jun 27-Aug 8*	8- 9p	7-adult	\$55

* No Class: 7/4

BEGINNING YOUTH SHORIN-RYU KARATE

Shorin-Ryu Okinawan style karate is a very serious martial art form. The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. Purchase of a uniform is required.



Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
311906-01	Th: May 11-Jun 22	6:30-7:15p	7-14	\$60
311906-02	Th: Jun 29-Aug 17	6:30-7:15p	7-14	\$60

ADVANCED YOUTH SHORIN-RYU KARATE

This class is for youth students of higher belt levels. Shorin-Ryu Karate Beginning Level class and approval from instructor is a prerequisite for joining this class. Purchase of a uniform is required.

Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
311907-01	Th: May 11-Jun 22	7:15-8p	7-14	\$60
311907-02	Th: Jun 29-Aug 17	7:15-8p	7-14	\$60

CLASSES FOR TEENS AND ADULTS

SEE OTHER CLASSES FOR ADULTS IN YOUTH SECTION

TAI CHI

Tai chi can be best thought of as a moving form of yoga and meditation combined. Many of the movements are derived from the martial arts, and perhaps even more ancestrally than that, from the natural movements of animals and birds. But in Tai Chi, the movements are performed slowly, softly and gracefully with smooth even transitions.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop In	M,W,F Sa	8:30-9:30a 9-10a	18+ 18+	Free Free

TEEN AND ADULT SHORIN-RYU KARATE

The practice of karate develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence. Shorin-Ryu Karate Beginner Levels class and approval from instructor is a prerequisite for joining this class. Pre-registration required.

Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
311208-01	M,Th: May 8-Jun 22*	8-9p	15+	\$75
311208-02	M,Th: Jun 26-Aug 17	8-9p	15+	\$75

* No Class: 5/29

FREE TEEN AND ADULT SHORIN-RYU KARATE

Would you like to try shorin-ryu karate for free? Sign up for this one time session class. Enrollment is limited so sign up early.

Location: Aerobic Room @ Armory Sports Center

Class #	Date	Time	Age	Price
311200-01	M,Th: May 8-Jun 22*	7:45- 8:45p	15+	Free
311200-02	M,Th: Jun 26-Aug 17	7:45- 8:45p	15+	Free

* No Class: 5/29

AIKIDO

Learn how to relax, not fight, when conflict occurs. Aikido uses the principle of non-resistance, therefore strength is not a pre-requisite, making Aikido useful to women, men, and older people alike as an effective means of self-defense. Pre-registration required. Please Note: Beginners attend Monday & Friday. Intermediate & Advanced attend Monday & Wednesday.

Instructor: Doris Evans

Location: Moss Bldg. Room A @ Waters-Moss

Class #	Date	Time	Age	Price
311204-01	M,W or M,F: Month of Apr*	6-8p	15+	\$45
311204-02	M,W or M,F: Month of May*	6-8p	15+	\$45
311204-03	M,W,or M, F:Month of June	6-8p	15+	\$45
311204-04	M,W,or M, F: Month of July*	6-8p	15+	\$45
311204-05	M,W or M, F: Month of Aug	6-8p	15+	\$45

*No class 4/14, 5/29, 7/3



OKINAWA GOJU-RYU KARATE

The Sho Rei Shobu Kan school of Goju-Ryu follows the traditional Okinawan philosophies of strengthening mind, body and spirit. Learn both the physical techniques of Karate, and such mental attitudes as patience, self-assurance, respect and self-discipline. Pre-registration required.

Instructor: Sensei Marlin Guest

Location: Moss Bldg. Room B @ Waters-Moss

Class #	Date	Time	Age	Price
311205-01	M,W: Month of April	6-8p	14+	\$45
311205-02	M,W: Month of May*	6-8p	14+	\$45
311205-03	M,W: Month of June	6-8p	14+	\$45
311205-04	M,W: Month of July*	6-8p	14+	\$45
311205-05	M,W: Month of Aug	6-8p	14+	\$45

* No class 5/29, 7/3

KORYO GUMDO

Defined as the way of the Korean sword, Koryo Gumdo is similar to Haidong Gumdo and Japanese Kendo. Koryo Gumdo is a beautiful martial art involving the use of the long sword, the same one used by the ancient Samurai and Hwarang warriors. Mixing traditional and modern sword techniques, it is a graceful, but powerful martial art with rich philosophy. Koryo Gumdo is a fantastic form of exercise and mental training. Learn cuts, blocks, stances and the philosophy behind the use of the sword. Contact benjamin@theasbecks.net for questions and about required equipment. Pre-registration required.

Instructor: Benjamin Asbeck

Location: Moss Bldg. Room B @ Waters-Moss

Class #	Date	Time	Age	Price
311210-01	T: Apr 11-May 2	6-7p	13+	\$39
311210-02	T: May 9-May 30	6-7p	13+	\$39
311210-03	T: Jun 6-Jun 27	6-7p	13+	\$39
311210-04	T: Jul 11-Aug 1	6-7p	13+	\$39
311210-05	T: Aug 8-Aug 29	6-7p	13+	\$39

COLUMBIA CUP KARATE TOURNAMENT

This tournament will involve forms, sparring, weapons and light competition. All ages and belt ranks are welcome to compete. Foot and hand techniques score. Point areas are chest, stomach, side of body and head gear area. There will be no face contact under brown belt, no groin contact and no ground fighting. Trophies are awarded to 1-5th place along with grand champion trophy and black belt cash award. Contact Ray Walker for more information at 573-424-3368 or email rwalker@amfam.com.

Location: Armory Full Gym @ Armory Sports Center

Class #	Date	Time	Age	Price
311308-01	Sa: Sep 30	8a-5p	5+	\$40

QIGONG

Use practices of Qigong and Tai Chi for alignment of breath, movement and awareness for exercise and health. Learning form, postures and movements promote longevity and offers a healthy balance. Call 817-5077 for more information.

Location: Aerobic Studio @ Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	T, Th	8:30-9:30a	18+	Free

FIFTY PLUS 50+

HILLCREST COMMUNITY CENTER

Hillcrest Community Center and Moss Building are home to daytime activities with 50+ adults in mind. The facility is located at Waters-Moss Memorial Wildlife Area, 1907 Hillcrest Dr, Stop by between 9 am-4 pm or call 573-874-7475. You can also find us and our programs and activities online at www.CoMo.gov under Parks and Rec, search: Senior/50+.

Participation in recreational activities, programs and tours requires an annual membership. For a small additional amount, Parks and Rec and Osher @ Mizzou will offer a "Combo Membership" that will add Friday Brown Bag seminars, the weekly email, This Week at Osher, and Osher Saturday Morning Book Talks.

Moss Building is available for rental including kitchen facilities. Contact the downtown office at 573-874-7460 for more information and to check availability. See page ?? for information.

50+ MEMBERSHIP FORM

Payment can be made in person at Hillcrest front desk or by mail with check payable to: **Columbia Parks and Recreation.**

(Membership fee includes activities unless otherwise noted.)

NAME 1 _____

NAME 2 _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Phone _____ Email _____

MARK THE 2016 OR 2017 MEMBERSHIP OPTION THAT APPLIES TO YOU:

- ☐ PARKS & REC AT HILLCREST/50+ \$25
- ☐ PARKS & REC / OSHER COMBO \$40

MAIL YOUR CHECK TO: COLUMBIA PARKS & RECREATION
P.O. BOX 6015, COLUMBIA, MO 65205

50+ EXPLORERS

This is a group organized to celebrate our local community. Our trips are taken aboard the 14-passenger Parks and Recreation bus and include social time at a local restaurant before or after each adventure. Jaunts occur as events can be scheduled and the best way to keep track is to check the web site or call 874-7475. Prices vary depending on the activities. Advance registration is required as space is limited. Join us as we are always looking ahead to new adventures.

WE'RE "GOING GREEN!"

Give us your email address and receive the newsletter directly.

50+ TOURS

Office Hours: Mon-Fri 9am-4 pm 874-7475

Columbia Parks and Recreation has been offering a variety of day and overnight tours for 50+ active adults since 1970 as OAK Tours, now known simply as 50+ Tours. Fulfill your travel desires at group costs and make friends of similar age. You'll take a chartered motorcoach and be escorted by an experienced staff member. You can count on 50+ Tours for an interesting itinerary, comfortable pacing, quality accommodations and the sense of security that makes for travel at its best. (Trips are based on a minimum of 25-30 participants.)

DAY TRIPS

W, Mar 22	Boeing Boeing – New Theatre*	\$75
F, Mar 31	St. Louis Art Museum - Degas Exhibit	\$60
Tu, Apr 11	Pompeii Exhibit - KC Union Station	\$80
W, Apr 25	Hermann	\$80
W, May 10	Dixie Swim Club – New Theatre	\$75
W, May 24	Spring Surprise Trip	\$80
W, Jul 26	Million Dollar Quartet – New Theatre	\$80
W, Aug 23	Summer Surprise Trip	\$80

*New Theatre – see web site for a description, photos and more information. Surprise trips are a favorite. You will experience an interesting destination, good company and good food in a day trip. Our goal is sharing some new place unknown until that day.



OVERNIGHT TRIPS

May 16-18, 2017 Dogwood Canyon / Branson

Space is limited as we will travel on our P&R 14-passenger bus to the new Dogwood Canyon that straddles Missouri and Arkansas. We'll enjoy a two-hour wildlife tram tour, a working mill and treehouse.

June 20-23, 2017 Shipshewana Flea Market, Amish and Quilts

Northern Indiana is proud of its Amish and Mennonite heritage. You'll have the opportunity to visit the famous Flea Market in Shipshewana, farm flower gardens grown in colorful quilt patterns, and bountiful homestyle meals.

Aug 8-11, 2017 Lake Okoboji Summer Theatre

This is Stephens College's 60th year to perform in this quiet Northern Iowa lake resort area. We would like to travel and join them for the musical presentation of South Pacific. Let us know if you would be interested and we will get something organized.

October 10-13, 2017 Mt. Magazine, Arkansas

This is the highest mountain in Arkansas with sweeping vistas of broad river valleys, deep canyons and distant mountains and a true marvel to see in its fall glory. We will stay at the Lodge of Mount Magazine which has undergone amazing renovations in 2016.

DANCE OPPORTUNITIES

The House Band is a group of seasoned musicians who jam together most Wednesday afternoons at Hillcrest Community Center and welcome anyone to stop by. They also perform every 2nd Friday afternoon from 1-3p for your dancing and listening pleasure.

Mar 10, Apr 14, May 12, Jun 9, Jul 14, Aug 11

POTLUCK, DANCE, AND GAME DAY

Potluck setup begins after 11a; meal begins at 11:30a; followed by live music and games. Enjoy music, dancing, and games. The afternoon winds down about 3:30p. Bring a dish for potluck. Snacks also welcome for later.



3rd Friday 11:30a-3:30p, Mar 17, Apr 21, May 19, Jun 16, Jul 21, Aug 18

KARAOKE FRIDAY NIGHT

Enjoy Karaoke at Hillcrest Community Center. There is a huge selection of songs to choose from. Snacks are welcome for sharing throughout the evening. You will enjoy a smoke-free, alcohol-free, fun filled evening of socializing, listening, and singing your favorite songs.

1st and 3rd Friday Karaoke 7-10p, Mar 3 and 17, Apr 7 and 21, May 5 and 19, Jun 2 and 16, July 7 and 21, Aug 4 and 18

MAH JONGG

Mah Jongg groups meet 4 days a week. If you have a Mah Jongg group of your own looking for the perfect meeting place with card tables set up and waiting, or would like to join a group or sub for a group, inquire at the front desk at 874-7475. Using National Mah Jongg League rules, the game is played with 3 or 4 players and a 152 set of tiles. It is a great social game, lots of fun, and equal amounts of luck and strategy to keep your mind active! Anyone interested in learning Mah Jongg can contact the front desk for information on upcoming classes.

Mon 1-4p, Tue 10:30a-12:30p, Thu 10:15a-12:15p, Fri 12:30-4p

NEW EVENING MAH JONGG

Working? Too busy during the day? Can never play enough Mah Jongg? Join us for an evening of Mah Jongg! Please call the Hillcrest front desk by 4p on Tuesdays and let us know number of players, skill level (beginner, intermediate, advanced) and whether you have a set of tiles to bring. This will assist us in set-up and preparation so you can begin play sooner. We will be using the new 2017 National Mah Jongg League card and rules.

Tues, 6-8p beginning Apr 18 Ages 18+ (Hillcrest membership required)



CURIOUS ABOUT OUR 50+ ACTIVITIES?

Stop by and see for yourself what is happening. Check out a choir practice, game of Mexican train dominoes, try a potluck, observe Mah Jongg. We welcome you!

PAINTING

Two painting groups... both use a wide variety of mediums including oils, water colors, acrylics, charcoal, colored pencils and more. They share ideas, techniques, successes and experiments as they support each other's endeavors. No organized instruction. But a great place to grow and network.

Mon, 9a-12p Thurs 1-3:30p

ADULT COLORING GROUP

Join our Adult Coloring Group and lose yourself in the pleasure of coloring. It's a great social activity as well. It's drop-in. You are welcome to bring your own supplies, pencils, crayons, or markers but sample coloring pages and crayons are available to try it out.

Wed, 9a-12p Age: 18+ (Hillcrest membership required)

DROP IN ACTIVITIES

Take place Monday-Friday during regular hours 9am-4pm.

Jigsaw Puzzle.....Ongoing daily

Dominoes (Mexican Train.....Thurs 10am-1pm)

Space is available for bridge, card and game groups to schedule special times. Call 874-7475 for availability.

BINGO

Join us for Bingo every week and get a chance to win a practical prize.

Tues, 1p

POTLUCK AND BINGO

Bring a dish to share and enjoy a full meal plus a fun-filled afternoon of socializing, eating, and playing bingo for prizes.

1st Fri, 11:30a, Mar 3, Apr 7, May 5, Jun 2, Jul 7, Aug 4

BIRD AND NATURE WATCHING

Our location on the grounds of Waters-Moss Memorial Wildlife Area is a great place to observe nature. Latest finds are multiple turkey vultures roosting in the trees.

NEW MAXIMIZING FRIENDSHIP AND PERSONAL INFLUENCE FOR SUCCESS

If your success depends on your ability to positively influence other people, you'll gain immeasurably from these new communication techniques. Enhance your personal charisma to attain leadership, self-confidence and persuasiveness. Make a positive first impression, gain the cooperation and assistance of others to reach mutual goals and guarantee teamwork. Feel confident motivating others through "full-spectrum feedback." Change resistance into receptivity and rapport. Improve the quality of your relationships with your mate, boss, friends, children, and colleagues. Pre-registration required.

Instructor: Bart Entrikin, M.S.

Location: Hillcrest Room A @ Waters-Moss

Class #	Date	Time	Age	Price
313501-01	W: Apr 12	10a-12p	50+	\$25

NEW BOOSTING YOUR BRAIN POWER

The superior achievement of great thinkers is more the result of mental training than genetic superiority. Now you can prepare your mind in the same way. Topic highlights: Alertness & Staying in Sync, Finding that Magical Memory Place, Gender Brain Traits - Men and Women Compared, Genius A High IQ? Left Brain Thinking vs. Right Brain Knowing, Largo Music & Your Learning Beat, Food for Your Learning Mood, Harnessing Your Dream power. Pre-registration required.

Instructor: Bart Entrikin, M.S.

Location: Hillcrest Room A @ Waters-Moss

Class #	Date	Time	Age	Price
313502-01	W: May 10	10a-12p	50+	\$25

NEW MIND/BODY MEDICINE - HOW TO USE YOUR MIND FOR BETTER HEALTH

Practical, stimulating and superbly researched; you will learn the most up-to-date information on what is now known about the vital role of the mind in health. Based on the latest findings from America's leading scientific institutions this seminar discusses the connection between stress and mental, physical and emotional disease and illustrates what is known about mind/body therapies to help you use your mind for better health. Here is an invaluable introduction to sound principles and wholesome mental practices that can help you optimize health and move toward greater peace of mind. What a wonderful tool for those who want to help themselves or someone they love.

Instructor: Bart Entrikin, M.S.

Location: Hillcrest Room A @ Waters-Moss

Class #	Date	Time	Age	Price
313503-01	W: Jun 14	10a-12p	50+	\$25

MUSICAL VOLUNTEER OPPORTUNITIES

Our musical groups volunteer their time and talents to entertain. That includes practicing together at Hillcrest Community Center and going to local retirement centers, nursing homes, schools, and other facilities to perform and bring joy to others in the community. If you want to make a difference in someone's life, join us and see the smiles on the faces in the audience. **CONFIRM PRACTICE OR PERFORMANCE DATES/LOCATIONS AT 874-7475. SCHEDULED PERFORMANCES TAKE PRIORITY OVER PRACTICES.**

CHOIR known as THE GOOD TIMERS, sings old time favorites that their audiences sing along with and remember from their youth.

CHOIR - THE GOOD TIMERS

Leader: Julie Vaughn

1st & 3rd Tu: 2p | Apr 4 & 18, May 2 & 16,
June 6 & 20, July 4 & 18, Aug 1 & 15

SEE PAGE 38 FOR UKULELE CLASS

Starting May 2 for 5 weeks.



2017 OSHER SATURDAY MORNING BOOK TALKS AT HILLCREST

On the first Saturday morning every month February-December, Kit and Cathy Salter host an opportunity for the community to meet local authors and talk books. The authors share their book, the creative and agonizing act of writing, publishing and much more! Pastries and coffee are available at 9:30a. Book talk begins at 10am. Books will be available for sale and signing at 11a. Price: \$20 for Book Talk 10-punch card or \$3 per session at the door. Included in Parks and Rec / Osher Combo and Osher Premium Memberships.



SCHEDULE OF MONTHLY PRESENTERS AND THEIR SPONSORS

- Sat, Mar 4** **MIKE TRIAL, *NEW EMPIRES RISING* (2017)**
Sponsor: Compass Flower Press
- Sat, Apr 1** **STEVE WIEGENSTEIN, *SLANT OF LIGHT* (2012)**
Sponsor: Columbia College
- Sat, May 6** **JAMES AUSTIN, MD, *LIVING ZEN REMINDFULLY* (2017)**
Sponsor: Janice Gaston
- Sat, Jun 3** **DAN AND CONNIE BURKHARDT, *GROWING UP WITH THE RIVER* (2016)**
Sponsor: the Katy Land Trust
- Sat, Jul 8** **JILL ORR, *THE GOOD BYLINE* (2017)**
Sponsor: The Most Awesome Writing Group Ever
- Sat, Aug 5** **STEVEN WATTS, *JFK AND THE MASCULINE MYSTIQUE* (2017)**
Sponsor: Boomerang Creek

Please Thank the Sponsors for their Book Talk Support!

OSHER @ MIZZOU

Columbia Parks & Recreation is proud of our collaboration with Osher@Mizzou. As part of MU Extension, the mission for Osher@Mizzou is to provide quality educational courses for the 50+ adults in Columbia and Boone County. This commitment mirrors Columbia Parks and Recreation 50+ programs, activities and tours designed to promote healthy aging. Osher@Mizzou invites you to "come as learners, leave as friends." They believe that curiosity never retires. Classes take place in both the Hillcrest and Moss Buildings. Class catalogues and registration information are available on the Osher@Mizzou website:

<http://extension.missouri.edu/learnforlife>

Summer session begins June 5.
Fall session begins Sept 5

FITNESS AND EXERCISE

CLASSES FOR YOUTH & TEENS

YOUTH PARTICIPANTS AT THE ARC

If an individual is 11 or older, he/she may utilize the facility without adult supervision, except in adult cardio/strength zones and Group Exercise Land classes (14 & up without supervision and 12-13 once they have completed orientation with supervision). Children 10 years of age or younger, must be accompanied and supervised by a paying adult (16 or older). Youth Training room is available. For parents or guardians participating in another activity and unable to supervise their children, our Kid Zone is available.

CARDIO/STRENGTH PLUS YOUTH ORIENTATION

This one hour class is designed to instruct members on how to utilize the Cardio/Strength Training Zone equipment. Certified staff will instruct proper techniques for using equipment as well as muscle groups being utilized. Training goals, safety, and exercise tips will also be available. Minimum age requirement for 2nd floor equipment (excluding track) is 14 years of age without parent. 12-13 year olds must take youth orientation before access and have parent supervision.

Location: Cardio/Strength Area @ ARC

Class #	Date	Time	Age	Price
307231-01	W: Apr 5	5:30-6:30p	12+	\$10
307231-02	M: May 15	5:30-6:30p	12+	\$10
307231-03	Tu: Jun 20	5:30-6:30p	12+	\$10
307231-04	M: Jul 17	5:30-6:30p	12+	\$10
307231-05	W: Aug 23	5:30-6:30p	12+	\$10

SPORT SPECIFIC TRAINING

Designed for individuals ages 8 and up who are involved in athletic competition who desire to be in peak physical condition for the demands of competitive athletics. Workout regimens are tailored for any sport, by the mimic of movements and skills needed to excel in your sport of choice. Focus involves agility, coordination, endurance, explosive power, flexibility, lateral quickness, speed, strength, and reaction time. *Fill out a Sport Specific Athletic Training form at the ARC Guest Services Desk and we will call and set-up an appointment.* Guardian must fill out form for youth participant.

INDIVIDUAL PACKAGES (3, 6, & 12 SESSIONS)

3	\$110 ARC Annual Member	\$140 Non-Member
6	\$200 ARC Annual Member	\$260 Non-Member
12	\$360 ARC Annual Member	\$480 Non-Member

YOUTH TRAINING ROOM

Monday-Friday: 5:30a-6:30p

Saturday: 7a-7p

Sunday: 9a-6p

** Scheduled classes will be posted and will take priority over drop-in use*



LEARN TO BICYCLE

Young or old, there's no better time than the present to learn to ride a bicycle. We provide one-on-one instruction with League of American Bicyclists certified instructors. Youth and adult students will spend one hour of intense, yet fun, instruction on two consecutive days. This is all it takes for the majority of students to learn to balance, pedal and control their own bicycle. Equipment to be provided by student: helmet and bicycle that is properly fitted and in good working order (students should be able to "stand" over their bicycle flat-footed on the ground while sitting on the saddle). Details will be emailed to interested participants. Preferred days are Wednesday and Thursday. Occasional weekend dates are available.

Location: Flat Branch Park

Class #	Date/Time	Age	Price
318302-01	By appointment	6+	\$50

CLASSES FOR ADULTS

PERSONAL TRAINING

This service is specially customized to meet the client's goals and needs. Who needs a personal trainer? People who are performing exercises, but aren't sure their technique is the most effective and safe. People who have the desire to work out, but don't know where to start or how to design a training plan. People who would like to be shown alternatives to their current exercises. Individuals who would like the extra motivation that comes from being directed through a routine by a qualified instructor. No matter what your reason, qualified staff will help you reach your personal goal. Fill out a personal training information form at the ARC Guest Services Desk and we will set up an appointment.



INDIVIDUAL SESSION/WORKOUT DESIGN

1	\$40 ARC Annual Member	\$50 Non-Member
INDIVIDUAL PACKAGES (3, 6, & 12 SESSIONS)		
3	\$110 ARC Annual Member	\$140 Non Member
6	\$200 ARC Annual Member	\$260 Non-Member
12	\$360 ARC Annual Member	\$480 Non-Member

COUPLE SESSIONS (1, 3, 6, & 12 SESSIONS)

1	\$60 ARC Annual Member	\$70 Non-Member
3	\$150 ARC Annual Member	\$180 Non-Member
6	\$270 ARC Annual Member	\$330 Non-Member
12	\$480 ARC Annual Member	\$600 Non-Member

GROUP SESSIONS (3, 4, OR 5 PARTICIPANTS)

6	3 participants, \$110 each	
	4 participants, \$ 90 each	
	5 participants, \$ 75 each	
12	3 participants, \$198 each	
	4 participants, \$160 each	
	5 participants, \$135 each	

MINI-WORKOUT PROGRAM AT THE ARMORY

Stay active and healthy! Come in and take advantage of a Nautilus multi-station unit, treadmills, elliptical machines, recumbent and stationary bicycles, free-weights and other workout equipment. If you like to work independently, this is an ideal place to be. Staff will get you started and give assistance if needed. A locker can be rented for \$5 during your 8-week membership. Call 817-5077 for more information and to register.

Location: Armory Sports Center - Workout room

Class #	Date	Time	Age	Price
Drop in	M-F	8a-7p	16+	\$20/ 2 months or \$2 per visit
	Sat	9a-1p		

STAND UP PADDLE BOARDING

Explore one of the biggest fitness trends at the Introduction to Stand Up Paddle Boarding and intermediate sessions with certified instruction from Shane Perrin with SUPstlouis. Shane is an accomplished, ultra-distance stand up paddle boarder who has won awards in paddling globally. We are pleased to welcome SUPstlouis to Columbia to give us instruction in this rapidly growing sport. All necessary equipment will be provided. Maximum 10 participants per class.

Instructor: Shane Perrin

Location: Cosmo-Bethel Lake @ Cosmo-Bethel Park

Class #	Date	Time	Age	Price
307200-01	Sa: Jun 24	9-11a	16+	\$35
307200-02	Sa: Jun 24	11:30a-1:30p	16+	\$35
307200-03	Sa: Jun 24	2-4p*	16+	\$35
307200-04	Sa: Jul 22	9-11a	16+	\$35
307200-05	Sa: Jul 22	11:30a-1:30p	16+	\$35
307200-06	Sa: Jul 22	2-4p*	16+	\$35
307200-07	Sa: Aug 26	9-11a	16+	\$35
307200-08	Sa: Aug 26	11:30a-1:30p	16+	\$35
307200-09	Sa: Aug 26	2-4p*	16+	\$35

* These are intermediate courses.

H.I.I.T. CAMP

High intensity interval training has grown in popularity and for good reason...you get the results you have been hoping for (burn more calories, lose more fat, improve cardio fitness, and sculpt your body) while spending less time in the gym and working out! Workouts include body-weight exercises, weightlifting, and various forms of cardio. Members receive a \$15 discount.

Location: ARC

Class #	Date	Time	Age	Price
307233-01	M,W: May 1-Jun 12*	9:45-10:30a	18+	\$90
307233-02	M,W: Jun 19-Aug 2*	9:45-10:30a	18+	\$90
307233-03	M,W: Aug 7-Sep 13	9:45-10:30a	18+	\$90

* No Class: 5/29, 7/3, 7/5

CARDIO/STRENGTH TRAINING

Come work out in our "state of the art" environment. Jump into shape or stay fit with our top of the line cardio and strength equipment. Enjoy cardio theatre while you're exercising to a happier, healthier lifestyle. Staff will be available to assist with your health and fitness needs. Ages 14 & up may use this area freely. 12 & 13yr olds must complete the Youth Fitness Orientation.

MID MISSOURI WEIGHTLIFTING CLUB

Join the only registered USAW club in town and train under coaches with 80+ years of combined experience. We are striving to build national level lifters. We have multi-national champions and record holders in Master's Pan Am and IWF Worlds. Call Brian at the ARC at 573-874-7720 or email brian.higginbotham@como.gov.





INBODY 230

Body Composition analyzer of direct segmental multi-frequency bio-electrical impedance method. Measures weight, total body water, intracellular & extracellular water, lean body mass, dry lean mass, body fat mass, skeletal muscle mass, BMI, percent body fat, segmental lean mass (right & left arm, trunk, and right & left leg), fat control, lbm control, and basal metabolic rate. Customized user information sheets are printed for an easy understanding of your results. Sign up at the ARC Guest Services Desk.

\$12 ARC Member, \$15 Non-Member

GROUP EXERCISE "SPECIALTY CLASS" PASS

Purchasing a multi pass will allow you to attend any of the Spinning, Yoga, Pilates, Studio Barre or Domination classes.

Choose from 5, 10, or 20 session punch cards. You can also purchase a single session pass. Purchase your selected pass at the ARC Guest Services Desk. Instructors will punch your card as you utilize your visits. You may purchase passes at any time.

1 \$4 ARC Member, \$6 Non-Member

5 \$18.75 ARC Member, \$28.75 Non-Member

10 \$32.50 ARC Member, \$52.50 Non-Member

20 \$60 ARC Member, \$100 Non-Member

SENIOR FITNESS

Stretching, lifting technique, correct breathing and machine adjustments are covered in this class. We will modify any exercised to fit your needs. A training regimen will be designed to allow members to workout on their own. Pre-registration required. ARC members receive a \$10 discount.

Location: Cardio/Strength Area @ ARC

Class #	Date	Time	Age	Price
307132-01	M,W: Apr 10-Apr 26	10-11:15a	55+	\$50

ADULT BOOT CAMP

You'll combine cardiovascular activities with resistance training for a fun, group workout. You will never have a dull moment in this fast-paced, individually challenging class. Even in this group class environment, each individual is challenged at his & her own level and pushed to their potential. Workouts are held in various environments such as outdoors, open gymnasium, weight room, etc. Lose inches, tone up, and feel better. Shock your body and get the results you deserve! Pre-registration is required. ARC members receive a \$15 discount. One day each, \$54, day care not included.

Location: ARC

Class #	Date	Time	Age	Price
307232-01	M,F: Apr 3-May 12	5:45-6:45a	14+	\$100
307232-02	Tu,Th: Apr 4-May 11	9:15-10:15a	14+	\$100
307232-03	Tu,Th: May 16-Jun 22	9:15-10:15a	14+	\$100
307232-04	M,F: May 22-Jul 3	5:45-6:45a	14+	\$100
307232-05	Tu,Th: Jun 27-Aug 8*	9:15-10:15a	14+	\$100
307232-06	M,F: Jul 10-Aug 18	5:45-6:45a	14+	\$100

* No Class: 5/29, 7/4



MOTHER'S DAY PERSONAL TRAINING SPECIAL

Give Mom the gift of a "better" life! Help her increase her strength and endurance level while gaining balance and flexibility. The ARC's certified Personal Trainers will make the workouts fun and invigorating while teaching skills that last a lifetime.

May 8-14 \$15 off a 6 session, \$35 off a 12 session

6 Session Package \$185 Member, \$245 Non Member

12 Session Package \$325 Member, \$445 Non Member

**Personal purchases are also welcomed to take advantage of this offer.*

FATHER'S DAY PERSONAL TRAINING SPECIAL

Dad doesn't want another shirt or tie. He needs to regain the strength, balance, and flexibility he has lost over the years. Help him feel better about himself and realize exercise can be fun and help with everyday life functions. ARC trainers will instruct on getting results without spending much time in the gym.

June 12-18 \$15 off a 6 session, \$35 off a 12 session

6 Session Package \$185 Member, \$245 Non Member

12 Session Package \$325 Member, \$445 Non Member

**Personal purchases are also welcomed to take advantage of this offer.*

NEW BEGINNINGS HEALTH AND FITNESS SUPPORT GROUP

Jumpstart your fitness goals with New Beginnings! This group encourages leading and living a healthy and active lifestyle. Participants will be able to address their current health concerns such as weight and food habits. We'll help you devise a plan to meet your goals while learning exercise techniques.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop In	1st and 3rd Tues	6-7p	12+	Free



ARC GROUP EXERCISE SCHEDULE (MARCH 5-AUGUST 13)

MON	TUE	WED	THU	FRI	SAT
Domination 5:45-6:45a	**Spin Core 5:40-6:30a	Domination 5:45-6:45a	**Spin Core 5:40-6:30a	Domination 5:45-6:45a	Hatha Yoga 8:15-9:15a
Body Conditioning 8-9a	Zumba 8-9a	Body Conditioning 8-9a	Zumba 8-9a	Body Conditioning 8-9a	**Fusion 9:30-10:30a
Quick Fix 9:05-9:25a	Functional Fitness 9:15-10:15a	Quick Fix 9:05-9:25a	Functional Fitness 9:15-10:15a	Silver Sneakers Classic 9:15-10:15a	
Silver Sneakers Classic 9:15-10:15a	Silver Sneakers Yoga 9:30-10:30a	Silver Sneakers Classic 9:15-10:15a	Silver Sneakers Yoga 9:30-10:30a	**Fusion/Spin 9:30-10:30a	Cardio/Core Combo 9:30-10:30a
**Fusion/Spin 9:30-10:30a	Eclectic Hatha Yoga 10:30-11:30a	**Fusion/Spin 9:30-10:30a	Eclectic Hatha Yoga 10:30-11:30a	Pinkel's Ladies 9:30-10:25a	Body Conditioning 10:35-11:30a
Pinkel's Ladies 9:30-10:25a	H.I.I.T. 4:30-5:00p	Pinkel's Ladies 9:30-10:25a	Silver Sneakers Cardio Fit 10:45-11:45a	Slow & Low Yoga 10:30-11:30a	Zumba 11:35a-12:35p
Hatha/Vinyasa Yoga 10:30-11:30a	BOSU Boot Camp 5:00-5:30p	Gentle Yoga for Joints 10:30-11:30a	BOSU Boot Camp 4:30-5p	*Silver Sneakers Cardio Circuit 10:30-11:25a	SUN
*Silver Sneakers Cardio Circuit 10:30-11:25a	Hatha Yoga 5:30-6:30p	*Silver Sneakers Cardio Circuit 10:30-11:25a	H.I.I.T. 5-5:30p	Tai Chi 5:30-6:30p	
Step Combo 5:30-6:25p	**Spin 5:30-6:30p	Body Conditioning Express 5:00-5:25p	Hatha Yoga 5:30-6:30p		Hatha Yoga 4:30-5:30p
**Spin 5:30-6:30p	Pilates 6:30-7:15p	Knockout 5:30-6:25p	**Spin 5:45-6:45p		
To the Core 6:30-7:00p	Zumba 7:20-8:15p	**Spin 5:30-6:30p	Pilates 6:30-7:15p		
Monday Mixer 7:00-8:00p		Power Pump 6:30-7:15p	Zumba 7:20-8:15p		
		Zumba 7:20-8:15p			

Yoga, Pilates, Cycling, and Domination are "Specialty Classes" that require a pass. *Silver Sneakers Mon-Fri will be held in the Meeting Rooms.

**All Fusion and Spin classes are held in the Spinning room.

"Open Door" Spin Room Schedule: Mon/Wed 5:30-8:30a, 11:30-4:30p, 7-9p | T/TR 7a-5p, 7-9p | Fri 5:30a-8:30p, 11a-9p | Sat 11a-7p | Sun 11:30a-5p



BODY CONDITIONING - Designed to improve muscular strength and endurance, focusing on all major muscle groups. An excellent addition to your cardiovascular workout.

BODY CONDITIONING EXPRESS - Intense full body workout focusing on strength and endurance through dumbbell, tubing and body-weight exercises.

BOSU BOOT CAMP - Take the fatiguing approach of boot camp training and put it in an unstable environment and what do you have? A class that pushes you to your limits and gets you in the best shape of your life. Class combines intervals of cardio and resistance training.

CARDIO/CORE COMBO - 60 minute class with a combination of aerobic fitness and core conditioning. Abdominals, obliques, and low back make-up the core with additional work around the hips.

DOMINATION - Based on the popularity of Insanity and P90X that offers interval training performing cardio, plyometric, and sport specific drills as well as calisthenics and strength & conditioning movements. Formatted to burn fat, get shredded, build endurance, and simply kick your butt.

ECLECTIC HATHA YOGA - Drawing from various sources, this class uses postures (asanas) and breathing exercises (pranayama) to release tension and develop balance, strength & flexibility in the body, mind, and spirit. All levels welcome.

FUNCTIONAL FITNESS - Low impact cardio, strength training and stretching will prepare your body to handle real-life occurrences. By targeting core stability and balance, functional fitness prepares your body to perform in a variety of common situations. The key is activating smaller stabilizer muscles not used in other forms of exercise. Also, emphasis is placed on working several areas of the body at once, rather than isolating a particular muscle or group of muscles.

FUSION - Time is spent on both the Spin and Krank bikes in a high intensity, short-interval rotation allowing you to achieve a large cardiac output and caloric burn.

GENTLE YOGA FOR JOINTS - Focuses on joint health and quieting the body as well as the mind. Great for beginners and experts alike.

HATHA/VINYASA YOGA - A nice balance of movement and stillness. Equal parts strength, balance, and stretch. Surya Namascar A&B (Sun Salutations) are taught, as well as a variety of other asanas. All eight limbs of yoga will be touched upon in this introduction to a basic and balanced yoga practice.

HATHA YOGA - Focus on flexibility and gentle strengthening poses. Floor work as well as standing postures that build coordination, muscle tone, improve balance, and provide a challenge. Each week changes with unique poses and varied sequences. The breath being the central focus, makes yoga a relaxing mind-body experience. All levels welcome.

H.I.I.T. - High Intensity Intervals with short breaks of strength and cardio segments using a whole variety of equipment.

KNOCKOUT - Martial Arts inspired, high energy cardio workout. Go for the K.O. in every class and win the fight!

MONDAY MIXER - A mix of all your favorite cardio and strength classes.

PILATES - Series of non-impact exercises designed to develop strength, flexibility, balance, and inner awareness. This method strengthens and lengthens the muscles without creating bulk. Helpful in preventing and rehabilitating from injuries, improving posture, and increasing flexibility, circulation, and balance.

PINKEL'S LADIES - Aerobic dance routines are choreographed to Top 40's, Oldies, Country, and Show Tunes for a great cardiovascular workout. Exercise made fun!

POWER PUMP - Tone and strengthen your body in no time! Resistance training is a perfect way to increase your metabolism and burn calories. We will use the bar and free weights to achieve our personal goals while letting the power of the music take you through a full body workout that leaves you feeling powerful and strong!

QUICK FIX - Twenty minutes of group weight training designed for the entire body.

SILVER SNEAKERS - CARDIO CIRCUIT - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography.

SILVER SNEAKERS - CARDIO FIT - Try a safe and heart-healthy aerobics class using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. Higher intensity class than Cardio Circuit.

SILVER SNEAKERS - CLASSIC - Have fun and move to the music through a variety of exercises to increase strength, movement, and cardio activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated standing support. Fun, easy to follow, and set to music from the 40's, 50's, 60's, and 70's.

SILVER SNEAKERS YOGA - Get ready to move through a series of seated and standing yoga poses. Chair support is offered so you can perform postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Suitable for nearly every fitness level.

SLOW & LOW YOGA - Just like it sounds, we get close to the floor and we slow down. Yin yoga methods are utilized to bring length to the ligaments and connective tissues, and safely open the joints. Regain range of motion and calm your nervous system in this gentle practice. Each pose is an opportunity to go within and find your stillness. Great for beginners and seasoned yogis alike.

SPIN - High energy indoor cycling led by a motivating instructor and accompanied by unique playlist of powerful and energizing music. Achieve strong, toned, and shapely legs while burning calories and improving cardiovascular health.

SPIN CORE - Combination of calorie-torcing spinning class that attacks midsection to build strength.

STEP COMBO - Combinations using the step, floor, and weights for duration, strength, and balance. Class may vary week to week. Plan on a good cardio & strength workout.

TAI CHI - An internal martial art focusing on slow movements which improve balance, posture, concentration, and overall sense of calm. Tai Chi is a moving meditation and a great stress reliever. Ease into the weekend as you learn the 24 Form in this beginner/intermediate level class.

TO THE CORE - 30 minute session targeting the abdominal and back areas to strengthen and tone your entire mid-section.

ZUMBA - International and popular music with Latin Dance and aerobic moves, add a little hip shake and attitude and you've got it!



Fun for Little Ones

FUN FOR LITTLE ONES



ACTIVITIES FOR PRESCHOOLERS

ALL GUARDIANS ARE ASKED TO STAY AND ASSIST CHILDREN FOR THE DURATION OF THE PROGRAM.

LITTLE GYMMERS

Come enjoy children's activities in the ARC gymnasium reserved for children and an adult playmate. We will provide play equipment: parachute, balls, hula hoops, tricycles and other toys. No Little Gymmers on holidays.
Location: ARC

Class #	Date	Time	Age	Price
Drop in	M/F	10-11a	2-6	\$1 per person attending, child & adult

DAY CARE LITTLE GYMMERS

Schedule some gymnasium time for your day-care. Activities will include parachute games, eight-foot basketball, beach ball volleyball and others. Call 874-7494 to arrange times and dates.

Location: ARC

Class #	Date	Time	Age	Price
Drop in	M-Th	By appt.	2-6	\$20 up to 20 participants; \$30 for 21-30 participants

LITTLE SWIMMERS & DAY CARE LITTLE SWIMMERS, PAGE 14

FOR OTHER PRESCHOOL ACTIVITIES, SEE ARTS CRAFTS AND LEISURE, FITNESS, DANCE AND AQUATICS.

SMALLER BALLERS BASKETBALL, PAGE 40

NEW BUGS AND BUTTERFLIES

Spring is here! What are some of the flowers, birds, bugs and butterflies you see in spring? Come celebrate spring with some fun themed crafts and activities. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
310797-01	Tu: Mar 21	10-10:45a	2-5 w/adult	\$6

DOUGHNUTS WITH THE EASTER BUNNY

Hop on over and visit with the Easter Bunny and enjoy some yummy doughnuts. Parents, don't forget your camera! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss



Class #	Date	Time	Age	Price
310788-01	Th: Apr 13	10-10:45a	2-5 w/adult	\$6

CIRCUS DAY

Do you like the circus and carnivals? Come celebrate with fun circus themed crafts, and play a few simple carnival type games. Pre-registration is required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
310791-01	M: Apr 24	10-10:45a	2-5 w/adult	\$6

NEW FINDING DORY PARTY

Just keep swimming! If you love Dory, Nemo, Marlin and the gang, this is the party for you. Take an imaginary adventure under the sea with some themed crafts and activities. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
310706-01	M: May 8	10-10:45a	2-5 w/adult	\$6

TAKE ME OUT TO THE BALLGAME

It's baseball season! Celebrate with some fun baseball themed crafts and games, while cheering for your favorite team! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
302718-01	W: May 24	10-10:45a	2-5 w/adult	\$6

NEW LIONS & TIGERS & BEARS, OH MY!

Let's do some fun animal crafts, and see if we can name some of the animals you see at the zoo! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
310707-01	Tu: Jun 13	10-10:45a	2-5 w/adult	\$6

WE ALL SCREAM FOR ICE CREAM

I scream, you scream, we all scream for ice cream! Join us for some fun summer-themed projects and activities to celebrate Summer! Create your own ice cream sundae, a yummy summer treat! Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
302715-01	Th: Jun 29	10-10:45a	2-5 w/adult	\$6

NEW ECLIPSE PREP PARTY

The total solar eclipse of 2017 is coming on August 21! Did you know it will get dark in the middle of the day? We'll do some themed crafts to get ready for this rare event. Pre-registration required.

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
310708-01	Th: Aug 17	10-10:45a	2-5 w/adult	\$6



GETABOUT COLUMBIA

Get Walking. Get Biking. Get More Out of Life.



Funding for GetAbout Columbia is provided by the Federal Highway Administration's Non-Motorized Transportation Pilot Program

ADULT AND YOUTH BICYCLE EDUCATION

REGISTER YOUR BIKE – IT'S THE LAW!

Did you know that residents of Columbia who cycle within city limits are required to license their bicycle per City Ordinance 14-494? Licensing your bike is free and available at all nine Columbia Fire Stations. The paperwork and bike safety check will take about 5 minutes. Licensing a bike offers benefits that include theft recovery and accident identification.

WORK PLACE COMMUTING SEMINARS

Free seminars are designed to encourage and support your employees who want to explore the possibility of commuting to work by bicycle or walking. One-hour seminars are customized to meet the needs of your business. Topics include bicycle selection, apparel, equipment options and responsible riding techniques. Seminars are conducted by League of American Bicyclist certified cycling instructors. Contact Janet Godon (573) 441-5495 or Janet.Godon@CoMo.gov.

BIKE COMMUTER BUDDY

Are you interested in commuting by bicycle to work or school but don't know where to start? We're here to help and can accompany you on your next ride or provide personalized tips. Let us help with apparel, equipment, route planning and safe riding techniques. Contact Janet Godon (573) 441-5495 or Janet.Godon@CoMo.gov.

CITY CYCLING

Learn to ride safely and responsibly in traffic and around town. This comprehensive course has something for everyone - even the most seasoned cyclists. League of American Bicyclists certified cycling instructors will lead classroom discussion, bike handling skills and on-road rides. Equipment needs: bicycle and helmet. FREE! Class size is limited so register early to reserve your spot! Customized classes available for groups of 4 or more.

Location: Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
318200-01	Sa: May 6	9a-2p	14+	Free
318200-02	Sa: Jun 10	9a-2p	14+	Free
318200-03	Sa: Jul 8	9a-2p	14+	Free

LEARN TO RIDE CLASSES, 30

BICYCLE MAINTENANCE CLASSES

FIX-A-FLAT CLASS

Repairing a flat tire is an essential skill for any cyclist. Instructors will cover flat repair, inner tube replacement and proper tire inflation. If time allows, instructors will also discuss minor brake and shifting adjustments. This is a hands-on class. Equipment needs: bicycle.

Location: Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
318203-01	Tu: Apr 11	6:30-8p	14+	Free
318203-02	Th: May 11	6:30-8p	14+	Free
318203-03	W: Jun 7	6:30-8p	14+	Free

BICYCLE MAINTENANCE AT HOME

Learn the basics to keep your bike running smoothly with ongoing scheduled maintenance needs, bike anatomy terms and tools for your home workshop. We will not cover flat repair in this class. Equipment needs: bicycle and multi-tool (optional).

Location: Conf Room @ Armory Sports Center

Class #	Date	Time	Age	Price
318202-01	Tu: Apr 18	6:30-8p	14+	Free
318202-02	Th: May 4	6:30-8p	14+	Free
318202-03	W: Jun 21	6:30-8p	14+	Free



GUIDED BICYCLE RIDES

Guided ride registered participants will receive up-to-date emails to include weather or trail maintenance related cancellation notices, start location changes, etc. Drop in cyclists are welcome at all rides. Weather and trail related updates are posted on the Recreation Hotline at 874-7663 (ext 4). Cyclists should always ride self-supported with an extra inner tube, air pump and water. Ride support for minor maintenance issues will be provided on all guided rides. Helmets required.

MKT SECRET ACCESS TRAIL RIDE

Are you new to town or maybe just starting to head out on the trails? These 10-mile, round trip rides will introduce cyclists to Columbia's backyard gem: the MKT Trail. Ride leaders will travel at a leisurely pace highlighting access to popular retail locations, neighborhoods and the Hinkson Creek and County House Trails. Helmets are required.

Location: Meet at playground @ Flat Branch Park

Class #	Date	Time	Age	Price
318104-02	W: May 31	6:30-8p	18+	Free
318104-03	W: Jun 28	6:30-8p	18+	Free



LOOP THE CITY RIDE

Join us for a 20-mile loop ride around the City. Plan to ride a mix of soft surface trails, bike lanes and streets with low to medium traffic volume. Participants must have intermediate on-road riding skills. Staff will provide SAG (support and gear) for minor maintenance issues. Ride self-supported with an inner tube or patch kit and water. Helmets required. *Location: Meet at Flat Branch Park playground*

Class #	Date	Time	Age	Price
318105-01	Su: Jun 25	1:30-4p	18+	Free

GETABOUT COLUMBIA SPECIAL EVENTS

EARTH DAY BICYCLE CORRAL PARKING

SUNDAY, APR 23 – 12-6:30p (rain date April 30)

Travel to Columbia's Earth Day Festival in sustainable style and GetAbout Columbia will provide a safe, secure place for your bicycle, stroller and personal belongings. We'll even supply a little gift for your efforts. *Location: Intersection of 6th and Elm (subject to change)*

BIKE WALK AND WHEEL WEEK

See page 48.

NATIONAL TRAILS DAY

SATURDAY, JUNE 3

Treasure Hunt – Find the Golden Hiking Shoe and Win a \$100 Parks and Recreation Gift Certificate

The American Hiking Society's National Trails Day® is the country's largest celebration of trails. We encourage you to venture out on a self-guided tour of Columbia's trail system by participating in a treasure hunt to find the Golden Hiking Boot. Columbia Parks and Recreation will post a riddle on our Facebook page and Twitter account on Saturday, June 3 at 7:00 am. Not a fan of social media? Listen to the clue by calling the recreation hotline at 573-874-7663 (ext. #4). Be the first to find the Golden Hiking Boot and you will receive a \$100 Columbia Parks and Recreation gift certificate. Claim the prize by calling (573) 441-5495.



HOMINY CREEK TRAIL RIDE

Celebrate National Trails Day on Columbia's newest trail, the Hominy Creek Trail. Join GetAbout staff on a slow-paced, 16.5 mile guided ride from Stephens Lake Park to the Links north of I-70. Plan to ride a mix of concrete trail and a short section on a bicycle-friendly street. Children must be accompanied by adults. Find out more about the Hominy Creek Trail on page 54.

Location: Meet at Old Hwy 63 parking lot at Stephens Lake Park

Class #	Date	Time	Age	Price
318111-01	Sa: Jun 3	2:30-4:30p	All	Free

INTRODUCTION TO ELECTRIC BICYCLES

Find out what the buzz is all about! Electric bikes augment human power and can be a great way for people to have fun, improve their health, save money, and relieve road congestion. E-bikes make it easier to deal with obstacles such as hills and headwind while functioning just like a regular bicycle.

Location: ARC, 1701 W. Ash

Class #	Date	Time	Age	Price
318303-01	T: May 2	7-8:30p	NA	Free

GUIDED WALKING AND CYCLING TRAIL RIDES

Are you new to Columbia or maybe you haven't ventured out on one of the many City trails within our community's city limits? If so, you're invited to join us in exploring the Columbia trail system by foot and/or bicycle. Columbia trails have a long list of benefits from fun and fitness, to transportation and environmental preservation. Trail corridors provide safe routes for bicycling and walking to work, school and other popular destinations. All activities start at 6:00 p.m. Plan to walk for one hour. Cyclists should plan to ride 90 minutes (approximately 10 miles) at a leisurely pace. Register for the entire free series to ensure email updates. Weather cancellation notices will be posted on the Recreation Hotline at 874-7663 ext 4.

WALK AND TALK TRAIL SESSIONS:

Class #: 312102-01

Monday, April 24, 6-7p

Grindstone Trail Walk, meet at the Grindstone Nature Area parking lot, 2011 Old 63 S.

Monday, May 8, 6-7p

Scott's Branch Trail, meet at the Bonnie View Nature Sanctuary shelter, 3300 Rollins Rd.

Monday, June 12, 6-7p

County House Branch Trail, meet at the Twin Lakes Recreation Area shelter, 2500 Chapel Hill Rd.

Monday, July 24, 6-7p

Bear Creek Trail, meet at the Garth Nature Area parking lot, 2799 N. Garth Ave.

CYCLE AND CHAT TRAIL SESSIONS:

Class #: 312103-01

Tuesday, April 25, 6-7:30p

Hominy Creek Trail, meet at the Stephens Lake Park, parking lot on Old Hwy 63.

Tuesday, May 9, 6-7:30p

MKT/County House Branch Trail, meet at the Jay Dix Station Park shelter, 3775 S. Scott Blvd.

Tuesday, June 13, 6-7:30p

Hinkson Creek/MU Rec Trail, meet at the MLK Jr/MKT Stadium Trailhead, 800 W. Stadium Blvd.

Tuesday, July 25, 6-7:30p

Bear Creek Trail, meet at Albert Oakland Park, shelter #2, 1900 Blue Ridge Rd.

CRUISE THE CREEKS GUIDED WALKS AND TRAIL RIDES

Join the City's Stormwater Utility Education staff and fellow nature enthusiasts in highlighting ecological benefits of trailside flora and fauna and efforts to improve water quality along the 15 watersheds located within the city limits. Participants will have the opportunity to listen to local experts talk about efforts to protect our waterways, environment and the impact we all have on our local watersheds. Search "Cruise the Creeks" at www.CoMo.gov for details on scheduled walks and bike rides along the Columbia trail system.



GOLF.....

2017 GOLF TOURNAMENTS

June 10-11, 17-18

Francis Hagan Match Play Championship at Lake of the Woods

THREE PERSON SCRAMBLE

Saturday, May 6 at L.A. Nickell, 9am shotgun start

Sunday, May 7 at Lake of the Woods, 9am shotgun start

To sign up, call 573-874-7538 or 573-874-7539

NIGHT FLIGHT GLOW GOLF

Friday, August 18, 8:30pm shotgun start

To sign up, call 573-874-7538 or 573-874-7539

FOR YOUTH

JUNIOR GOLF LESSONS

Designed for juniors interested in learning the basics of golf. Instructor will cover grip, stance, full swing, rules and course etiquette.

Instructor: Jeff Gochenour

Location: L.A. Nickell Golf Course

Class #	Date	Time	Age	Price
308806-01	Th: Jun 8-Jun 29	6-7:30p	10-15	\$60

FAMILY NIGHT

Join us each month this summer for fun activities and an opportunity to take part in our FREE golf clinics at L.A. Nickell Golf Course! Festivities begin at 5:30pm with a free hot dog dinner for participants. At 6 pm we will move to the driving range for a free clinic to introduce adults and kids to the game of golf and your chance to take a shot at Golfzilla. Everyone will then have the opportunity to go onto the course to play 1-2 holes before everything is wrapped up with a raffle. All participants will receive coupons for future use at L.A. Nickell. No equipment or prior skill level necessary, just a great opportunity for all ages to be introduced to the game of golf. Pre-registration is required. Registration for each event open on the 15th of the month prior to the event. Limited to the first 80 entries. We ask that you sign up for only one family night event this summer so that we can accommodate more families wishing to learn about the game of golf. Thank you for your understanding

Location: L.A. Nickell Golf Course

Class #	Date	Time	Age	Price
308400-01	F: May 26	5:30-8:30p	All	Free
308400-02	F: Jul 14	5:30-8:30p	All	Free
308400-03	F: Aug 11	5:30-8:30p	All	Free

FOR ADULTS

TUESDAY SCRAMBLE GOLF LEAGUE

May 16-June 20, 5:30 pm shotgun start, L.A. Nickell

July 11-Aug 15, 5:30 pm shotgun start, Lake of the Woods

Each Tuesday, take part in a two-person 9-hole scramble golf league. Registration starts at 8 am Monday before the event and ends at 10 am the day of the event. Call 499-GOLF to register. Tournament is limited to first 36 teams to sign up. Flights and places will be determined by size of each week's event. Entry fee of \$10 per person plus \$11 green fee and cart fee. Annual pass holders pay \$10 per person, plus cart fee.

ADULT GOLF LESSONS

Designed for beginners interested in learning the basics of golf in a group setting. Instructors will cover the grip, stance, full swing, rules and course etiquette, pitching, chipping and putting. Participants will spend the last session on the course playing different games they've learned

Instructor: Dan Frost

Location: L.A. Nickell Golf Course

Class #	Date	Time	Age	Price
308100-01	Th: May 4-May 25	6-7:30p	18+	\$60
308100-02	Th: Jul 6-Jul 27	6-7:30p	18+	\$60
308100-03	Th: Sep 7-Sep 28	6-7:30p	18+	\$60

GOLF FACILITIES

L.A. NICKELL GOLF COURSE

1800 Parkside Drive • (573) 499-GOLF (4653) • www.GoGolfLAN.com

- 18-hole golf course
- Riding carts and continuous cart paths
- Driving Range
- Open year round (weather permitting)
- Fairway irrigation system
- Zoysia fairways

Eighteen beautifully manicured holes conveniently located in the Cosmopolitan Recreation Area. The course provides a challenging, fun, but "walkable" layout. The generous landing areas & large greens provide a great golfing experience.

Par: 70

Yardage: 6,335 Blue tees, 5,869 - White tees, 4,771 - Red tees

Lakes: 3, all in play • Terrain: Flat with rolling hills

Course Rating: 69.9 - Blue tees, 67.7 - White tees, 67.0 - Red tees

Slope Rating: 121 - Blue tees, 116 - White tees, 111 - Red tees

Dir: North of I-70 off North Stadium & in the Columbia Cosmopolitan Recreation Area.

LAKE OF THE WOODS RECREATION AREA

6700 St. Charles Rd • (573) 499-GOLF (4653) • www.GoGolfLOW.com

- 18-hole golf course
- Open year round (weather permitting)
- Swimming Pool
- Riding carts & continuous cart paths
- Fairway irrigation system
- Zoysia fairways

A very popular golf destination for area players. Traditional layout offers a good mix of medium length par fours, doglegs, and excellent putting surfaces.

Par: 71

Yardage: 6,378 - Blue tees, 6,084 - White tees, 4,901 - Red tees

Lakes: 3, 2 in play • Terrain: Relatively flat

Course Rating: 69.7 Blue tees, 68.5 White tees, 63.5 Men Red tees, 66.9 Red tees

Slope Rating: 127 Blue tees, 122 White tees, 107 Men Red tees, 113 Red tees

Dir: Located east of Columbia. Take I-70 to the Lake of the Woods exit. Go NE on St. Charles Road.



2017 GOLF FEES

Green Fees 3/1-10/31	9-Holes	18-Holes	9-Holes	18-Holes
Mon-Fri	Walking	Walking	w/Cart	w/Cart
-Adult	\$13.50	\$19	\$20.50	\$33
-Senior (60 & over)	\$11.50	\$16	\$18.50	\$30
-Twilight 2:00pm	\$11.50	\$16	\$18.50	\$30
-Super Twilight 6pm	\$11.50	\$13	\$18.50	\$27
-Junior (17 & under)	\$ 9.50	\$ 9.50	\$16.50	\$16.50

Saturday/Sunday/Holidays

-Adult	\$24	\$24	\$31	\$38
-Twilight 2:00pm	\$14	\$20	\$21	\$34
-Super Twilight 6pm	\$12.50	\$13	\$19.50	\$27
-Junior (17 & under)	\$12	\$12	\$19	\$26

Winter Green Fees 11/1-2/28

Mon-Fri	9-Holes	18-Holes	9-Holes	18-Holes
	Walking	Walking	w/Cart	w/Cart
-Adult/Senior	\$13.50	\$16	\$20.50	\$30
-Twilight 2:00pm	\$11.50	\$14	\$18.50	\$28
-Junior (17 & under)	\$ 9.50	\$ 9.50	\$16.50	\$23.50

Saturday/Sunday/Holidays

-Adult	\$20	\$20	\$27	\$34
-Junior (17 & under)	\$12	\$12	\$19	\$26

Annual Passes good at both courses. All passes non-refundable. Prices Valid 10/1/16-9/30/17. All prices are approved by City Council on an annual basis.

PASSES & OTHER FEES

	Mon-Fri	Any Day	M-F	Any Day
			w/Cart	w/Cart
Individual (30-59)	\$ 722	\$ 817	\$1,450	\$1,545
Adult +1	\$1,227	\$1,389	\$2,465	\$2,627
Additional Family	\$ 209	\$ 249	\$ 937	\$ 977
Senior (60 & over)	\$ 578	\$ 654	\$1,306	\$1,382
Senior Couple (both 60 & over)	\$ 924	\$1,046	\$1,238	\$2,284
Young Adult (18-29)	\$ 578	\$ 654	\$1,306	\$1,382
Junior (17 & under)	\$ 307	\$ 307		
Junior Limited (May 1-Sep 30)	\$ 186	\$ 186		
10 Play Punch Card		\$ 216		\$ 342

Trail Fees

Daily Trail Fee	\$ 12
Annual Trail Fee	\$548
Annual Trail Fee w/Storage	\$887.70

Cart/Club Rentals

Riding Carts	
9 Holes	\$7 per person
18 Holes	\$14 per person
Pull Cart	\$5
Golf Club	\$20

Driving Range

(L.A. Nickell)	
Small	\$4
Medium	\$6
Large	\$9

*Adult plus 1 is defined as two persons residing at the same residence. Additional Family must be related persons living at the same address 21 & under. Senior Couple pass is limited to two persons 60 and over residing at the same address.

Each course is available for scheduling private tournaments. Please call 874-7538 or 874-7539 to reserve your spot.

STAY UP TO DATE WITH OUR MOBILE APPS AND BY FOLLOWING US ON FACEBOOK & TWITTER.



L.A. Nickell Golf Course
Lake of the Woods Golf Course



L.A. Nickell: @lancprd
Lake of the Woods: @lowcprd

PRIVATE OUTINGS

Private outings are available at both courses. For pricing information and availability please call 573-874-7358 or 573-874-7539

MUSIC



CLASSES FOR YOUTH

CITY-WIDE DRUM LINE & RHYTHM BAND

This group of percussionists enjoy being in the public eye. The group is directed by Glen "Bummer the Drummer" Ward, and has performed in the Holiday Parade in November and Columbia Eve Fest on New Year's Eve. If you are interested in expanding your knowledge of percussion and being part of a fun group, sign up and join the fun. For more information leave a message for Glen Ward after 3 pm at 874-6378.

PERCUSSION, DRUM & WOODWINDS LESSONS

"Bummer the Drummer" of the Kansas City Street Band is the instructor for the classes. He can help your child become a better percussionist as well as play their saxophones & clarinets with more confidence. Leave message for Glen Ward at 874-6378.

CITY-WIDE FLAG LINE

Our Flag Line accompanies our Drum Line in several parades and other performances throughout the year. If you are interested, please contact us. Dance experience is preferred but not required. For more information, leave a message for Mary at 817-5077 or madewey@GoColumbiaMo.com.

Class #	Date	Time	Age	Price
Drop in	Thursdays	5:30-6:30p	7-18	Free

NEW UKULELE 101

Have you always wanted to learn how to play a ukulele? Here's your chance! Learn how to tune your ukulele, strum basic chords and play single notes in this fun new class. Participants need a ukulele in standard gCEA tuning (not a baritone uke), and an electronic tuner. Pre-registration required.

Instructor: Ashley Ernst

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
313300-01	Tu: May 2-May 30	6:30-8p	10-adult	\$45

Five Ways to Register:

- Online:** Go to www.CoMo.gov
- Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
- Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
- Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
- Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)



OUTDOORS

NEW BACKPACK CAMPING: LEAVE THE RV AT HOME!

If you've ever wanted to learn about backpack camping, this is the class for you! The best way to connect with nature is to get away from the RV campgrounds and crowds, and learn how to be comfortable in remote wild areas. Learn basic packing, hiking, fire building, cooking and setting up camp skills. A great class for people looking to connect with nature and adventure, or Baby Boomers who want to get more active in retirement. First class meets at Hillcrest Community Center, other classes will meet at Rock Bridge State Park and Three Creeks Conservation Area. There could be an opportunity to follow up the class with a weekend backpacking trip if there is enough interest. Pre-registration required. Call Mike with questions 573-864-7204.

Instructor: Mike Snyder

Location: Hillcrest Room D @ Waters-Moss

Class #	Date	Time	Age	Price
312101-01	W: Apr 5-Apr 26	5:30-7:30p	18-adult	\$59

NEW MISSOURI RIVER SUNSET EXCURSION

The Missouri River is majestic when experienced at sunset! Step aboard a boat for an interactive tour and dinner, where Missouri River Relief educators will introduce you to the mysteries behind the river. An experience the whole family ages 6 and up are sure to enjoy! Meet at Katfish Katy's boat ramp: pass the Katfish Katy's building (now called "The Station") and follow the Missouri River Relief signs to the boat ramp. Pre-registration required.

Instructor: Missouri River Relief educators

Location: Katfish Katy's boat ramp, 8825 Sarr St

Class #	Date	Time	Age	Price
314300-01	Th: June 15	5:30-8p	6-adult	\$60

SELF-IMPROVEMENT & STUDY SKILLS . . .

CLASSES FOR YOUTH AND TEENS

AFTER SCHOOL HOMEWORK ASSISTANCE

Open to all ages! Come by the Armory for tutoring for your homework assignments, open Monday-Friday from 3-7 pm during the school year. Many of the volunteer tutors are provided by MU's Office of Service Learning. Last day is May 5.

Free

SPORTS

FOR YOUTH

ARCHERY CLASS, SEE ADULT SECTION

YOUTH SOCCER REGISTRATION

See insert, page 41.

YOUTH FOOTBALL

See insert, page 43.

YOUTH VOLLEYBALL LEAGUE

Do you like to play volleyball? Want to do more than just drills and skills practice? Want to be part of a team and play in real, officiated volleyball games? Come play in Columbia's only Youth Rec Volleyball (CYRV "serve") league! Spots are limited! For girls in grades 7th, 8th and 9th grades Only \$50 per player (team t-shirt included), 8-game season, 1 game, one night per week. Games played at Armory Sports Center (701 E. Ash). Check us out on Facebook @ ColumbiaYouthRecVolleyball.

Location: Gym @ Armory Sports Center

Class #	Date	Time	Age	Price
315800-01	Th: Apr 6-May 25	6-10p	12-16	\$50

BRITISH SOCCER CAMPS

June 19-23, 2017

Cosmo Park

Popular Challenger camp returns to Columbia! Register at www.challengersports.com by May 5 to receive a free replica jersey. \$10 late fee applied to registrations received after June 10:

First Kicks	3-5 years old	8:15-9:15a	\$85
Half Day	6-15 years old	9:30a-12:30p	\$160
Golden Goal*	6-15 years old	1-3p	\$50

*Golden Goal runs Mon-Thurs and available to half-day campers only. Includes supervised lunch break from 12-1p.

NEW CITY HOOPS

Come in Tuesday after school to get better at the game you love! Staff will work with you on the basics and will also give you tips to get an edge on the competition. This is for all school-aged youth.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
NA	Tues	4:30-5:30p	6-17	Free

CHAMPIONS OF THE COURT BASKETBALL CAMP

Ahmed Kabba (Coach K) will return to the ARC June 26-29 for the Total Basketball Experience. For boys and girls, ages 7-18. Visit www.TeamICSports.com to register.



TENNIS LESSONS

Date	Time	Age	Price
Session I: May 1-18 at Albert-Oakland Courts			
Mon/Wed	5:30-6:30p	6-8	\$50
Mon/Wed	6:30-7:30p	9-11	\$50
Tues/Thurs	5:30-6:30p	12-16	\$50
Session II: June 5-22 at Cosmo Courts			
Mon/Wed	5:30-6:30p	6-8	\$50
Mon/Wed	6:30-7:30p	9-11	\$50
Tues/Thurs	5:30-6:30p	12-16	\$50
Session III: July 3-25 at Rock Quarry Courts			
Mon/Wed	5:30-6:30p	6-8	\$50
Mon/Wed	6:30-7:30p	9-11	\$50
Tues/Thurs	5:30-6:30p	12-16	\$50
Session IV: August 7-24 at Shepard Courts			
Mon/Wed	5:30-6:30p	6-8	\$50
Mon/Wed	6:30-7:30p	9-11	\$50
Tues/Thurs	5:30-6:30p	12-16	\$50
Session V: Sept 5-25 at Albert-Oakland Courts			
Mon/Wed	5:30-6:30p	6-8	\$50
Mon/Wed	6:30-7:30p	9-11	\$50
Tues/Thurs	5:30-6:30p	12-16	\$50

For information and to register for tennis lessons, call Rick Odor at 442-3713. Rick has 27 years of experience.

HOME SCHOOL PE

This physical education class is designed for home school children. A variety of age appropriate fitness games and activities will be introduced. Youth will have a good deal of fun while they work on different aspects of physical fitness.

Location: Court 1 @ ARC

Class #	Date	Time	Age	Price
107509-07	Th: Mar 2-Mar 23	9-10a	10-17	\$14
107509-08	Th: Apr 6-Apr 27	9-10a	10-17	\$14
107519-07	Th: Mar 2-Mar 23	10-11a	5-9	\$14
107519-08	Th: Apr 6-Apr 27	10-11a	5-9	\$14

DOUGLASS BULLDOGS BASEBALL LEAGUE

Develop your skills in this instructional, non-competitive league, beginning in June. Boys AND girls can participate. Volunteers can participate in training clinics. Players will receive a league hat and shirt. Registration runs through May 1; a late fee of \$5 will be assessed after that date. Forms are available at the Parks & Recreation office, the ARC, the Armory Sports Center & online at www.CoMo.gov. Volunteer coaches and umpires are needed. For more information, call 874-6378. Note: Parents are encouraged to volunteer as coaches; and sponsorship opportunities are available.

Location: Douglass Park Baseball Field

Class #	Date	Time	Age	Price
315901-01	M, W: (T-Ball)	6p & later	5-6	\$27
315902-01	Tu, Th: (Coach Pitch)	6p & later	7-8	\$27

BLUE THUNDER TRACK OUTDOOR SEASON

Registration Day: Mar 11, 2-5p, \$100

Compete in running, jumping and throwing events! Youth ages 6-18 compete in out of town AAU meets along with some local meets. This group is pushed hard in practice and expected to complete the season. The outdoor season is April-August with first day of practice on April 4. Participate in some or all phases, it is your choice. Please call 874-6378 or email Camren.Cross@CoMo.gov if interested. Visit www.bluethundercross.com for information. Runners are encouraged to invest in a pair of track spikes or running shoes; but it is not required.

BLUE THUNDER TRACK CROSS COUNTRY

Season begins Aug 29, first practice 6p at Stephens Lake Park, \$30 Attention young runners! Come run and compete with other 6-14-year-olds. Cross country is a sport in which teams and individuals run in a race over natural terrain. Courses may include grass, gravel, hills, and flat land. Practices will be held in City parks and meets are held in various central Missouri towns. Practices and meets occur during fall months and it all ends in November with championship meets. Registration and payment will be accepted starting July 3. Drop registration form off at Armory Sports Center or bring to first practice. Go to www.bluethundercross.com or email Camren.Cross@CoMo.gov for more information.

SMALLER BALLERS BASKETBALL

Get an early start with this six-week youth basketball skills development program for boys and girls. Each session consists of skills training, and then using the skills learned, it will be followed by scrimmage time.

Location: Armory Sports Center

Class #	Date	Time	Age	Price
315903-01	Su: Mar 5-Apr 23*	1-2p	4-5	\$36
315903-02	Su: Mar 5-Apr 23*	2:30-3:30p	6-7	\$36
315903-03	W: Jun 7-Jul 12	5:45-6:45p	4-5	\$36
315903-04	W: Jun 7-Jul 12	7-8p	6-7	\$36

*No class 3/26, 4/16

COLUMBIA'S YOUTH INTRO TRACK & FIELD MEET

Learn about track and field in this meet! Open to youth ages 6-12 (born 2005-2011). Pick up and turn in registration forms at the Parks & Recreation offices (1 South 7th), Armory Sports Center (701 E Ash) Monday-Friday between the hours of 8am-5pm. Forms are also online at www.CoMo.gov. Deadline to turn in forms and payment is Thursday, April 20. No walk up registrations will be allowed the day of the event. For more information, call 874-7460. Copy of birth certificate or baptismal record must accompany registration form. Pre-registration required.

Location: Hickman High School Track

Class #	Date	Time	Age	Price
NA	Su: Apr 23	1:30p check in	6-12	\$5

MLB PITCH, HIT & RUN

This is the official skills competition of Major League Baseball. Winners at the local level may advance to Busch Stadium in St. Louis and on to the All Star game in Miami. The first 100 children to register will close registration. Open to boys and girls. Registration forms are to be turned in at the Parks and Recreation office (1 South 7th). Call 874-7460 for more information. Copy of birth certificate or baptismal record required.

Location: Red field at Cosmo Park's Rainbow Softball Center

Class #	Date	Time	Age	Price
NA	Sa: April 29	9:30a	7-14	Free

9:30a registration & warm-up, 10a event starts



SPORTINGCOLUMBIA.NET

Sporting Columbia SC is Central Missouri's premier youth soccer program, providing a positive soccer experience for over 1500 youth soccer players in recreational and competitive divisions. The Club is committed to developing the player, the person and the team. These goals will be accomplished by promoting player development, sportsmanship, and teamwork for every player at every level of soccer.

FALL 2017 / SPRING 2018 REGISTRATION INFORMATION



RECREATIONAL DIVISION

Registration dates: May 1, 2017 - July 1, 2017

*Registrations after July 1, 2017 will be placed on waiting list

*Late fee \$25 after July 1, \$50 after Aug. 1

*Included age groups U5 - U19 girls & boys
FALL games begin Sept. 9, 2017

COMPETITIVE DIVISION

Registration for tryouts will begin June 1, 2017

*Included age groups U9 - U19 girls & boys

Tryout dates will vary by age group (June 17 - 25)

Check our website for age specific dates and times
Players are encouraged to attend all tryout sessions for their age group

MYSA 2016 PRESIDENTS CUP CHAMPIONS

01/02 BOYS NAVY



98/99 GIRLS NAVY



99/00 BOYS NAVY



CLUB SPONSORS

*Boone electric cooperative
Central Missouri Orthodontics
Columbia Orthopaedic Group
D Sport
Embroider It
Flat Branch Mortgage Inc*

CLUB SPONSORS

*Hoss's Market & Rotisserie
Pinnacle Graphics
Soccer Master
STL Digital
Storage Mart
Womens Health Associates, Inc.*

Best Wishes To All Sporting Columbia 2017 Graduates!

*CONGRATULATIONS TO THOSE CONTINUING TO PLAY AT
THE COLLEGIATE LEVEL!*

Alaina Allsbury - Westminster College
Jacob Gunn - Truman State University
Sam Hosmer-Quint - Kenyon College
Brady Lademann - Westminster College
Ian McCluskey - Truman State University
Brandon Rettke - Westminster College
Natalie Schulte - Westminster College

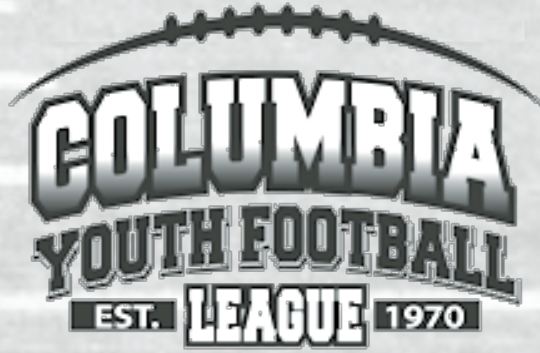
**As of February 3, 2017.*

CLUB CONTACTS

Recreational: Pia Capell
recsoccer@sportingcolumbia.net
Registrar: Sarah Cavin
sarah@sportingcolumbia.net
Executive Director:
Stephanie Daugherty
stephanie@sportingcolumbia.net
Technical Director: Kevin Roderique
kroderique@sportingcolumbia.net
Director of Coaching: Steve Adkins
sadkins@sportingcolumbia.net

Follow us on twitter @SportingCSC
And "like" us on Facebook
facebook.com/SportingColumbiaSC

Sporting Columbia SC
P.O. Box 7506, Columbia MO 65205
fax: 573-875-0640



Football: the Ultimate Team Sport

Every kid dreams of playing football and in CYFL every kid plays !

Tackle Football is open to all 3rd - 7th Graders in Columbia!

Tackle fees are only \$125.00 Teams practice two to three nights per week at Cosmo Park. Teams are formed by grade. Uniforms and equipment are provided.

Games are played at Cosmo Park, Boonville, and Jefferson City on Sundays & Weeknights. "Modified High School Rules" used for all games. *Minimum play rule* ensures every child gets a chance to play.



Flag Football is open to all K - 2nd Graders in Columbia!

K-Ball fees are only \$65.00. Teams practice and play games once per week.

1st & 2nd Flag fees are only \$85.00. Teams practice up to twice per week with games on Sundays and one weeknight.

Fall 2017 Registration Fees

Tackle football fees: \$125.00 until August 1st

1st-2nd Grade Flag football fees: \$85 until August 1st

K-Ball Flag football for Kindergarten fee: 65.00 until August 1st

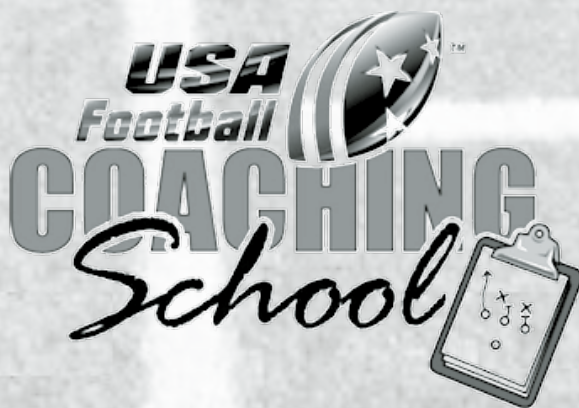
Fees Increase \$25.00 each after 8/1/2017

GET IN THE GAME - PLAY FOOTBALL

Columbia Youth Football League

Register online or for more information visit:
www.columbiayouthfootball.com

COACHES WANTED



All CYFL Coaches are required to complete:

- Background Checks by NCSI
- USA Football Certified Coaching Education Program
 - Tackle or Flag Certification
 - Concussion Awareness
 - Heads Up TacklingSM safety program
- Chalk Talk 101 training seminars
- Practice Plans & Playbooks offered
- Certified Athletic Trainers onsite



Player development & safety is our highest priority!



Out of Town Players are Welcome!

Columbia Youth Football League is an all volunteer, non-profit 501(c)3 youth sports program.
Columbia Youth Football League - PO Box 7052 - Columbia, MO 65205-7052
Contact us at: cyflinfo@gmail.com



NFL PUNT, PASS & KICK COMPETITION

Test your football skills against others your age! Competition is for both boys and girls. Winners qualify for the sectionals competition and have the chance to compete at an NFL stadium. Forms are available at www.CoMo.gov. Copy of birth certificate or baptismal record required; must be born from 2002-2011. **Note: Absolutely no cleats, football shoes, or turf shoes can be worn. Only soft-soled gym/running shoes are allowed.** Event will happen rain or shine.

Location: Cosmo Park Football Field #4

Class #	Date	Time	Age	Price
NA	Sa: Aug 19	9a	6-15	Free

9a check in & registration begins, 10a competition starts

FOR ADULTS

REGISTER FOR ALL ADULTS SPORTS ON LINE AT

www.CoMo.gov

BEGINNING ARCHERY

Come learn more about this growing sport! Bring your own bow and arrows if you have them, or equipment will be provided. First class of each session will be held at the ARC, all others will be held at Powder Horn Gun and Archery Shop. Instructor Jim Sappington is an NRA certified coach, USA Archery Level 2 instructor and the lead instructor for the Missouri 4H club.

Instructor: Jim Sappington

Location: ARC/Powder Horn



Class #	Date	Time	Age	Price
312302-01	W: May 3-Jun 7	6-8p	5+	\$90
312302-02	W: Jul 5-Aug 16*	6-8p	5+	\$90
312302-03	W: Aug 30-Oct 4	6-8p	5+	\$90

*No class 8/2

ADULT VOLLEYBALL

SUMMER VOLLEYBALL

Registration: Now until filled.

Leagues Available: Monday, CoRec B and Over 50

League play: May-June; games at 6, 7, 8, or 9 pm

FALL VOLLEYBALL

Registration: Packets available July, registration through Aug 24 or until filled

League Play: Begins mid-Sept; games at 6, 7, 8, or 9 pm

Location: Armory Sports Center

ADULT SOFTBALL

Registration: for summer through May or until filled. Registration for fall through July or until filled. Packets online at www.CoMo.gov.

League play: Summer league begins June, fall in August; games at 6, 7, 8, or 9 pm

Location: Rainbow Softball Center

ADULT KICKBALL

Registration: for summer through May or until filled. Registration for fall through July or until filled. Packets online at www.CoMo.gov.

League play: Summer league begins June, fall in August; games at 6, 7, 8, or 9 pm

Location: Rainbow Softball Center

ADULT TENNIS LESSONS

Date	Time	Age	Price
Session I: May 1-18 at Albert-Oakland Courts			
Tues/Thurs	6:30-7:30p	Adults	\$50
Session II: June 5-22 at Cosmo Courts			
Tues/Thurs	6:30-7:30p	Adults	\$50
Session III: July 3-25 at Rock Quarry Courts			
Tues/Thurs	6:30-7:30p	Adults	\$50
Session IV: August 7-24 at Shepard Courts			
Tues/Thurs	6:30-7:30p	Adults	\$50
Session V: Sept 5-25 at Albert-Oakland Courts			
Tues/Thurs	6:30-7:30p	Adults	\$50

For information and to register, call Rick Odor at 442-3713. Rick has 27 years of experience.

MOONLIGHT HOOPS

This outdoor league takes place in Douglass Park and will begin in June. There will be two age divisions. Team T-shirts are covered by the registration. The sooner you register and pay, you will have a better chance to have the color you prefer. Drop by the Armory, the ARC or 1 S. 7th to register. Call 874-7460 for more information. **Note: Sponsorship opportunities available.** Registration ends Friday, May 12.

Location: Douglass Park

Class #	Date	Time	Age	Price
NA	League begins June 6	7-10p	15-17	\$140
		7-10p	12-14	\$140

ADULT DROP-IN BASKETBALL

Looking for a pick-up game or to just shoot hoops? Pass cards available at the Armory front desk.

Location: Gymnasium @ Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	M-F	10a-2p	18+	\$10/mo or \$2/use

SPORTS OFFICIALS NEEDED

Adult Softball • Youth Softball • Youth Baseball

Adult Volleyball • Youth Football

For more information call 874-7466

ACTIVITY CANCELLATION HOTLINE

Call 874-7663 for cancellation information. Sports field cancellations are announced at 4p. After 5p, officials may cancel games due to bad weather. Individuals may also sign up for the cancellation listserv. To sign up for the listserv go to www.CoMo.gov/ParksandRec.



Summer Camps/After School Activities

SUMMER CAMPS/AFTER SCHOOL ACTIVITIES



SPRING ADVENTURE CAMP

Are you looking for a fun way to spend Spring Break? Don't miss Spring Adventure - a one-week day camp for children in grades K-5. Activities will include swimming, sports, and a variety of fun games and activities. Constant supervision and guidance from camp counselors insures that each camper will have a fun-filled spring break to remember! **NOTE: Each child should bring a sack lunch, swimsuit, and towel. Children can be dropped off at the ARC as early as 7:45 am and must be picked up no later than 5:15 pm.** DayCare Tax ID# 43-6000810.

Location: ARC

Class #	Date	Time	Age	Price
103952-01	M-F: Mar 27-Mar 31	8a-5p	5-11	\$175

CAMP COMO KIDZ

Formerly Camp Adventure, our popular day camp is back with a new name and new adventures. Campers will enjoy outdoor activities, games, crafts, swimming and many other fun experiences. Registration will begin on April 12 at 7am. Each camper will pay a \$50, non-refundable, participation fee at registration and can reserve a space in as many of the weekly camps as desired. Applications are available at the ARC and online at www.CoMo.gov.

Location: Riechmann Pavilion @ Stephens Lake Park

Class #	Date	Time	Age	Price
303950-01	M-F: Jun 5-Jun 9	7:30a-5:30p	6-13	\$120
303950-02	M-F: Jun 12-Jun 16	7:30a-5:30p	6-13	\$120
303950-03	M-F: Jun 19-Jun 23	7:30a-5:30p	6-13	\$120
303950-04	M-F: Jun 26-Jun 30	7:30a-5:30p	6-13	\$120
303950-05	W-F: Jul 5-Jul 7	7:30a-5:30p	6-13	\$72
303950-06	M-F: Jul 10-Jul 14	7:30a-5:30p	6-13	\$120
303950-07	M-F: Jul 17-Jul 21	7:30a-5:30p	6-13	\$120
303950-08	M-F: Jul 24-Jul 28	7:30a-5:30p	6-13	\$120
303950-09	M-F: Jul 31-Aug 4	7:30a-5:30p	6-13	\$120
303950-10	M-F: Aug 7-Aug 11	7:30a-5:30p	6-13	\$120

ARMORY SUMMER CAMP

Daily camp activities with arts and craft, computer, sports and weekly events including dollar movies, swimming at Douglass, and lunch in the park. Field trips will include adventure at Rock Bridge State Park, hiking the trails, venturing into a cave and exploring in the streams. Please call 817-5077 for more information.

Location: Armory Sports Center



Class #	Date	Time	Age	Price
303916-01	M-F: Jun 5-Jun 30	8a-5p	6-8	\$70
303916-02	M-F: Jun 5-Jun 30	8a-5p	9-11	\$70
303916-03	M-F: Jun 5-Jun 30	8a-5p	12-14	\$70
303916-04	M-F: Jul 3-Aug 4*	8a-5p	6-8	\$75
303916-05	M-F: Jul 3-Aug 4*	8a-5p	9-11	\$75
303916-06	M-F: Jul 3-Aug 4*	8a-5p	12-14	\$75

* No class 7/4

COMPUTER GAME CAMP

Learn easy computer programming, while discovering how to create and share your own online computer games using a site called "Scratch". Bring a thumb drive, paper, pen and email address. Pre-registration required.

Instructor: Roy Thorsby

Location: Hillcrest Room C @ Waters-Moss

Class #	Date	Time	Age	Price
304901-01	M-F: Jul 17-Jul 21	10a-12p	8-12	\$79
304901-02	M-F: Aug 7-Aug 11	10a-12p	8-12	\$79

CAMP SLIME

Get ready for a week of messy fun! Everything from shaving cream slip n' slide, to slimy crafts, to gooey projects, to squishy games and more. A fun day camp with a messy twist. Wear clothes and shoes that can get stained and dirty. Bring sack lunch, water bottle, sunscreen, swimsuit, towel, water shoes, goggles and change of clothes. Pre-registration required.

Location: Moss Bldg. Room A @ Waters-Moss



Class #	Date	Time	Age	Price
303914-01	M-F: Jul 10-Jul 14	7:45a-5:15p	6-10	\$145
303914-02	M-F: Jul 31-Aug 4	7:45a-5:15p	6-10	\$145

AFTER SCHOOL AND SUMMER RECREATION

Come to the Armory to play basketball, work on simple arts & crafts projects and use the computer lab for Internet use or homework. Or, you can try pool table, ping-pong table, foosball, shuffleboard and air hockey tables, safe darts, XBOX360, standup arcade machine, or just watch a movie. There is always something to do!

Location: Armory Sports Center

Class #	Date	Time	Age	Price
Drop in	M-F during school	2:30-7p	8+	Free
Drop in	M-F during summer	11a-6p	8+	Free

DANCE CAMPS... SEE PAGE 23

SOCCER CAMP... SEE PAGE 39



TRAIL ENDURANCE RUNS

BEAR CREEK HALF MARATHON COUCH TO CREEK

The Bear Creek Half Marathon Couch to Creek Training Group is a 20-week beginners' training group that will take new runners from their "couch" to "creek" (Bear Creek Run Half Marathon) with twice weekly group sessions on Tuesday evenings and Saturday mornings, starting May 30. Certified trainers will lead the group on training runs and provide cross training and nutritional information as you prepare to conquer 13.1 miles. Class fee includes registration to the Bear Creek Run Half Marathon on October 14 (\$48). Maximum 20 participants. Optional \$10 training shirt available.

Location: Meet at ARC

Class #	Date	Time	Age	Price
307302-01	Tu,Sa: May 30-Oct 10	TBA	16+	\$139



BEAR CREEK RUN HALF MARATHON

The Bear Creek Run Half Marathon has quickly become a favorite race in Mid-Missouri. Runners and walkers have come to love the scenic course along the Bear Creek Trail as well as the encouraging volunteers, great race shirts and finisher medals. The 13.1 mile course starts and finishes at Albert-Oakland Park and takes participants to Columbia's Cosmo Park and back on 80 percent gravel trail. "Inspiration Hill" will keep runners motivated as they approach the half-way point. There are aid stations (water stops) every mile to mile-and-a-half along the well-marked course. Registration includes professional chip timing, age group awards, finisher medal, performance fabric shirt and post race food. Maximum 300 Racers.

The Half Marathon Relay is a 2-person team, timed event giving those who enjoy running shorter distances a chance to join the fun. The hand-off point for the relay will be located at Cosmo Park at the half way point of the 13.1 mile course (each team member will complete 6.55 miles).

Location: Bear Creek Trail

Class #	Date	Time	Age	Price
307300-01	Oct 14 Half Marathon	8a	12+	\$48*
307300-02	Oct 14 Two person relay	8a	12+	\$48*

* Advance registration required

SPECIAL EVENTS

ANNUAL TRAIN SHOW

Saturday, March 18, 10a-3p

Paquin Tower, 1201 Paquin St

All aboard! See a wide variety of displays involving trains and the early days of transportation as well as movies and photographs on rail travel. Hosted by Mid-Mo Railfan and Columbia Parks and Recreation. Admission is free. Concessions will be available.

KITE FLYING DAY

Saturday, April 8, 12-2p

Douglass Park

Bring your kites and let's have a great time! A limited number of kites will be given to children that do not have one to fly. The contest categories are largest flying kite, smallest flying kite and the highest flyer. Prizes will be awarded to winners. The event is FREE! Rain date is Saturday, April 22.

EGG HUNT EGGSTRAVAGANZA

Two hunts, two different parks! Bring your children (ages 12 and under) out for a free, fun candy-filled Egg Hunt. Each event will have hunts in different areas designated by age. Kids will also enjoy other activities such as coloring, face painting, and games. **NOTE: Please call 817-5077 if you or your organization would like to volunteer by hosting a game or activity.**

Class #	Date	Time	Park	Price
Drop in	Sa: Apr 15	12-1:15p (hunt 12:45p)	Douglass	Free
Drop in	Sa: Apr 15	3-4:30p (hunt 4p)	Indian Hills	Free

YAPPY HOUR

April 15 - 3-6p

Location: Twin Lakes Recreation Area

Food trucks, live music, craft beer, and room for Fido to roam will all be found when Yappy Hour returns! This event will feature dog related booths, activities, contests, an adoptable dog pageant and more at beautiful Twin Lakes Recreation Area.

\$15 pre-registration gets you: Admission for one person and one dog, a t-shirt, a doggy goody bag, and a drink voucher.
Class # 314100-01

\$5 pre-registration gets you: Admission for one person.
Admission at the door will be \$5 per pooch or person. Class # 314100-02

IMPORTANT INFO:

- Limit 1 dog per person and all dogs must be on a fixed-length leash (no retractable)
- Must be 16 or older to attend, and 21+ to drink (we will be carding at the door)
- All dogs must be up-to-date on vaccines
- You know your dog better than we do, so please only bring well-socialized pooches!
- Parking is limited, so walking from Forum Nature Area or Scott Blvd trailheads is encouraged.

Sponsored by:





Special Events

EARTH DAY

Sunday, April 23 (Rain date: Apr 30), 12-7p

Peace Park – Downtown Columbia

Featuring street fair, food trucks, kids' activities, and live music. Free to attend.

Sponsored by the Earth Day Coalition. Call 875-0539 for more information.

TONS OF TRUCKS

Wednesday, April 26, 4-7p

Target wing parking lot, Columbia Mall

Trucks and other vehicles of all shapes and sizes will be on display for admiring, climbing, sitting in, and horn honking! This event is held rain or shine and is FREE for all.

Sponsored by



aetna



BIKE WALK & WHEEL WEEK

COLUMBIA, MISSOURI

MAY 14 - MAY 20

TRY COMO CONNECT FREE ALL WEEK

Hominy Creek Trail Dedication

Mother's Day Women's Ride

Bike Maintenance Workshops

Bikes & Brews

Breakfast Station Day

For event information contact PedNet Coalition at

www.PedNet.org/week



Sponsored by



FREE!

Bring a blanket or lawn chair and join us for free concerts at Stephens Lake Park. Concessions available, but carry-in food and drinks allowed.

- | | |
|------------|---|
| May 4, 6p | Kids concert featuring Mid-MO Magic Show and Babaloo Music & Fun |
| June 8, 7p | Missouri Symphony Society "Strike up the Band".
<i>Sponsored by the Office of Cultural Affairs and the Missouri Arts Council</i> |
| July 6, 7p | Community Band |
| Aug 3, 7p | Acoustic Artists Showcase. <i>Sponsored by 102.3 BXR</i> |
| Sept 1 | TBA |

HERITAGE WEEKEND

Saturday-Sunday, May 13-14, 4-8p

Douglass Park

5/13: Gospel in the Park

5/14: Annette Driver

The unofficial opening of Douglass Park for the summer! Activities include balloons, table games for kids and adults, live music and family fun. Sunday will feature a domino tournament, single-elimination, for individuals and partners. Starts at 4 pm, free for all ages. Bring your lawn chair and enjoy your neighborhood park!

BIKE SAFETY RODEO

Saturday, May 20, 9a-12p

Lange Middle School parking lot

Are you a kid who loves to ride your bike? There will be a 9-step skills course for everyone from ages 3-16. Learn all the safety rules and have your bike registered. Helmets will be distributed. In partnership with the Downtown Optimist Club.

TOTAL SOLAR ECLIPSE

Monday, August 21

In anticipation of the total solar eclipse, the Columbia Convention and Visitors Bureau (CVB) is excited to announce two viewing events for residents and visitors to attend. On the day of the eclipse, those in Columbia will witness over two and a half minutes of totality beginning at 1:12 p.m.

Cosmo Park will host the largest viewing event, which will be open to the public. Attendees can expect live music, food vendors, activities, educational information, recreational opportunities and more. The park also is home to large open spaces, which are ideal for viewing the eclipse.

Eclipse enthusiasts who are traveling with large equipment may want to view the eclipse at Gans Creek Recreation Area, where there will be less activity and a smaller crowd. The location is near the ideal path for viewing totality.

Along with the viewing events on Aug 21, the CVB plans to announce other weekend events to entertain residents and visitors and embrace the spirit of the eclipse. Check www.CoMoEclipse.com for updated information and activities.





MOVIES IN THE PARK

2nd Friday of each month, May through Sept., except Aug.

COSMO PARK NEAR NICKELL SHELTER

Returning to Cosmo Park for the second year in 2017, the Movies in the Park series is bigger and better than ever! Show up early for concessions, food trucks, and to grab a great seat. Movies are shown on a giant inflatable screen, so bring a blanket or lawn chair (and maybe a favorite stuffed animal) and join us under the stars. **Free to attend courtesy of Missouri Care!**



FRI., MAY 12, 8:30P - ZOOTOPIA (PG)

The city of Zootopia is a mammal metropolis where animals live and thrive. When Judy Hopps becomes the first rabbit to join the police force, she is determined to prove herself. Judy jumps at the opportunity to solve a mysterious case- all the while, Nick, a witty fox who makes her job even harder.

FRI., JUNE 9, 8:45P - STAR WARS: THE FORCE AWAKENS (PG-13)

Thirty years after the defeat of the Galactic Empire, Han Solo and his young allies face a new threat from the evil Kylo Ren and the First Order.

FRI., JULY 14, 8:45P - MOANA (PG)

A spirited Polynesian teenager sails out on a daring mission to prove herself a master wayfinder and fulfill her ancestors' unfinished quest. Accompanied by the once-mighty demi-god Maui, Moana traverses the open ocean on an action-packed voyage, encountering mythical creatures and impossible odds.

SAT., AUGUST 19, 8:30P - GUARDIANS OF THE GALAXY (PG-13)

****SPECIAL DATE AND TIME****

After stealing a valuable orb, space adventurer Peter Quill is forced into an uneasy truce with four misfits: gun-toting Rocket Raccoon, treelike-humanoid Groot, enigmatic Gamora, and vengeance-driven Drax the Destroyer. The unlikely heroes must save the galaxy from Ronan, an evil villain seeking the same orb.

FRI., SEPTEMBER 8, 8P - SECRET LIFE OF PETS (PG)

The quiet life of a spoiled terrier named Max is upended when his owner takes in Duke, a stray whom Max instantly dislikes. The two must band together to find their way home as they face threats like Animal Control and a vengeful bunny named Snowball.

SPONSORED BY:



FAMILY FUN FESTS

3rd Wednesday, May-September, 6-8p, Free!

COSMO PARK

Entertainment for the entire family will include music, live performances, art activities, hands-on learning, face painting, food trucks, balloon art, and fun for all!

MAY 17: KINDNESS IS CONTAGIOUS

Sponsored by Putting Kids First and Children's Grove

Join us for music, fun, crafts and activities promoting kindness and mental health.

JUNE 21: EXPLORE OUTDOORS

The outdoors has so much to offer! Learn about Missouri fish, birds, parks, camping and more from state and local experts.

JULY 19: FITNESS IS FUN

Sponsored by the ARC (Activity & Recreation Center)

July is Parks and Rec Month. Come out to learn and experience some exciting ways to stay fit and active!

AUGUST 16: MAD ABOUT SCIENCE

New for 2017! In celebration of the solar eclipse, we're delving into the scientific world this month.

SEPTEMBER 21: CREATIVE KIDS

Sponsored by the Columbia Office of Cultural Affairs & the Missouri Arts Council

Let the kids show their creative and artistic side. Hands-on kid friendly art activities, musical performances, theater and dance are just some of the fun to be had at the final fest of the summer.

SPONSORED BY:





Special Events

TAKE THE PLAYGROUND CHALLENGE!

May 29-Sept 4

From Memorial Day to Labor Day, visit playgrounds at ten or more different parks, track your visits, and turn in your completed tracking sheet to Columbia Parks and Recreation to receive a prize! It's a great way to spend your summer and a great chance to visit new parks! Check our web site www.CoMo.gov in May for more information and tracking sheets.

COMO RUMMAGE SALE

Let us help you with your spring cleaning! Clean up your clutter and bring it out to the first CoMo Rummage Sale at Cosmo Park. Price of \$40 includes two parking spaces for your sales items and advertising through Parks and Recreation sources. Tables and chairs not included, please bring your own. Space is limited, so please call us today to reserve your spot!

Location: Rainbow Softball Center Parking Lot @ Cosmo Park

Class #	Date	Time	Price
319100-01	Sa: Jun 10*	8a-noon, setup at 7a	\$40

* Rain date 6/24

DJ IN THE PARK

June 10, 24, July 8, 22, August 8, 19; 4p

Douglass Park

A variety of DJs will play something for all tastes, from hip hop to R&B to gospel.

ART IN THE PARK

June 3-4, 10a-5p Saturday, 10a-4p Sunday

Stephens Lake Park

Columbia Art League's fine arts and fine crafts festival featuring artists from across the country plus strolling magicians, art installations and art-making activities. Free parking at Boone Medical Plaza, plus free shuttle. Organized by the Columbia Art League. Visit <http://artintheparkcolumbia.org>.

SHRED FEST SKATEBOARDING EVENT

Saturday, June 3, 4-7p

Columbia Skate Park at Cosmo Park

Celebrate all of the fun of skateboarding with Shred Fest 2017. This family friendly event is FREE and open to the public. Whether you're an expert shredder, new to the sport, or just a curious spectator, there's fun to be had for all! The evening will feature music, helmet giveaways, food, and a best trick contest. Presented by Columbia Parks and Recreation, Parkside Skate Shop, Blue Springs Tiger Pilot Club, Youth Community Coalition and Gummy's Pizza. For more information, visit ParksideSkateboards.com.



**The 65th annual celebration of
an American tradition.**

See back cover for details

KALEIDOSPOKE

Get ready to GLOW with your bike on the MKT Trail. This non-competitive, family friendly, supported, night time ride takes participants from Flat Branch Park to Twin Lakes Recreation Area and back for an approximately 8 mile round trip ride. The trail will be illuminated like you've never seen it before and you won't want to miss it! The relaxed ride leaves Flat Branch at dusk,



once at Twin Lakes riders will enjoy s'mores by the bonfire and entertainment before showing off their GLOW on the return ride to downtown. Walt's Bike Shop will join us before the ride at Flat Branch Park for any last minute, minor bike maintenance as well as offering support on the trail during the ride. Helmets and front and rear bike lights will be required. Children under 16 must be accompanied by an adult. Registration will include a bike accessory, glow item and s'mores. Maximum 300 participants.

Location: Meet at Flat Branch Park

Class #	Date	Time	Ages	Price
318403-01	Sa: Aug 19	7:30-10:30p	8+	\$15

SPONSORED BY:





SPLAT! JR. OBSTACLE COURSE MUD RUN

Join us for the 4th Annual Splat Jr. Obstacle Mud Run! The Splat challenge is for kids ages 4-15 years old. Depending age, participants will complete between .75 and 1.75 miles of obstacle course awesomeness including walls, tires, pipes and of course, MUD, and LOTS of it! This is a youth event, so the obstacles and entertainment will be family friendly. Splat is fun for individual kids, siblings or groups (sport teams, celebrating a birthday or any other group of kids who want to do something unique and memorable together). Registration includes a Splat shirt, finisher medal and special offers from our sponsor partners. There are 8 waves to choose from, each having a 150 participant cap. This event has a history of selling out, so register early. We can't wait to see the big smiles on muddy kids!

Location: Gans Creek Rec Area

Class #	Date	Time	Ages	Price
307904-01	July 8	8:30a	4-5	\$25
307904-02	July 8	9:00a	4-5	\$25
307904-03	July 8	9:30a	6-8	\$25
307904-04	July 8	10:00a	6-8	\$25
307904-05	July 8	10:30a	9-12	\$25
307904-06	July 8	11:00a	9-12	\$25
307904-07	July 8	11:30a	7-15*	\$25
307904-08	July 8	12:00p	7-15*	\$25

*Please note that waves 7 and 8 are a longer distance for 7 to 9 year olds than waves 3 and 4 are.

SPONSORED BY:



LUNCH IN THE PARK

June 5-August 4

Douglass Park Shelter

Lunch is served to kids from 11:30a-1p at the Douglass Park Shelter. Lunch is not served on July 4. Coordinated by Voluntary Action Center, and the Columbia/Boone County Department of Public Health and Human Services.

LAWN CHAIR CONCERT SERIES

Sunday, June 11, July 16, August 6, 4-8p

Douglass Park

Bring your lawn chair and blankets to the park and enjoy free concerts with great music.

June 11 - Kansas City Street Band

July 16 - J. Monet

August 6 - Chump Change

WACKY WATER OLYMPICS

Tired of the heat and want to cool off? Come out for water balloon games, water bucket relays and more!

Location: Indian Hills Park

Class #	Date	Time	Age	Price
NA	Sa: Aug 12	3-5p	All	Free

COOLIN' DOWN WITH THE BLUES

August 13, 3-8p

Douglass Park

Featuring local and regional talent in a mini-festival atmosphere! Activities provided for the kids and adults will enjoy jazz, R&B, and blues. Bring your lawn chair and enjoy this free concert, which marks the unofficial end of summer.

NEIGHBORHOOD PARK FUN DAYS

August 30, 6-8p

McKee Street Park

Calling all families! Set aside an evening for fun and get to know your neighbors. Variety of activities and games provided, bring a picnic, blanket and lawn chairs! Free.

Future dates:

September 13 - Worley Street Park

September 27 - Lange Park

October 11 - Downtown Optimist Park

October 25 - Indian Hills Park

SEE FATHER DAUGHTER DANCE NIGHT, PAGE 23

GETABOUT COLUMBIA SPECIAL EVENTS, PAGE 35

SPECIAL EVENTS CALENDAR

MARCH

- 11 **BLUE THUNDER TRACK REGISTRATION DAY**
Armory Sports Center, 2-5p
- 18 **ANNUAL TRAIN SHOW**
Paquin Tower, 10a-3p, Free

APRIL

- 8 **KITE FLYING DAY**
Douglass Park, 12-2p, Free
- 15 **EGG HUNT EGGSTRAVAGANZA**
Douglass Park from 12-1:15p, Free
Indian Hills Park from 3-4:30p, Free
- 15 **YAPPY HOUR**
Twin Lakes Recreation Area, 3-6p,
\$15 per dog and person, \$5 for person not bringing a dog
- 23 **COLUMBIA YOUTH INTRO TO TRACK AND FIELD**
Hickman High School Track, 1:30p check in, \$5
- 23 **EARTH DAY**
Peace Park, 12-7p, Free
- 26 **TONS OF TRUCKS**
Target parking lot at Columbia Mall, 4-7p, Free
- 29 **MLB PITCH, HIT AND RUN**
Rainbow Softball Center at Cosmo Park (red field), 9:30a check in, Free

MAY

- 4 **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**
Kids concert featuring Mid-Mo Magic show & babaloo
6p, Free
- 12 **MOVIES IN THE PARK: ZOOTOPIA**
Cosmo Park, 8:30p, Free
- 13-14 **HERITAGE WEEKEND**
Douglass Park, 3-8p, Free
- 14-20 **16TH ANNUAL BIKE, WALK AND WHEEL WEEK**
Contact PedNet.org
- 17 **FAMILY FUN FEST: KINDNESS IS CONTAGIOUS**
Cosmo Park, 6-8p, Free
- 20 **BIKE SAFETY RODEO**
Lange Middle School parking lot, 9a-12p, Free
- 27 **ALBERT-OAKLAND FAMILY AQUATIC CENTER OPENS FOR SEASON**

JUNE

- 2 **DOUGLASS FAMILY AQUATIC CENTER**
Little Mates Cove, Lake of the Woods Pool open for season
- 3 **NATIONAL TRAILS DAY, FIND THE GOLDEN HIKING BOOT**
- 3 **HOMINY CREEK TRAIL RIDE**
Meet at Old 63 parking lot at Stephens Lake Park, 2:30-4:30p, Free
- 3 **SHRED FEST SKATEBOARDING EVENT**
Columbia Skate Park at Cosmo Park, 4-7p, Free
- 3-4 **ART IN THE PARK**
Stephens Lake Park, Free
- 8 **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES**
Missouri Symphony Society, 7p, Free
- 9 **MOVIES IN THE PARK, STAR WARS: THE FORCE AWAKENS**
Cosmo Park, 8:45p, Free

JUNE (CONTINUED)

- 10 **COMO RUMMAGE SALE**
Cosmo Park, 8a-12p, \$40
- 10-11 **FRANCIS HAGAN MATCH PLAY CHAMPIONSHIP**
Lake of the Woods Golf Course
- 16-18 **SHOW ME STATE GAMES**
- 17-18 **FRANCIS HAGAN MATCH PLAY CHAMPIONSHIP**
Lake of the Woods Golf Course
- 21 **FAMILY FUN FEST: EXPLORE OUTDOORS**
Cosmo Park, 6-8p, Free

JULY

- 4 **FIRE IN THE SKY**
Flat Branch Park/The District,
Entertainment at 6:30, Fireworks after 9p, Free
- 4 .. **SPECIAL SWIM HOURS AT ALBERT-OAKLAND FAMILY AQUATIC CENTER**
Douglass Family Aquatic Center, Lake of the Woods Pool and
Little Mates Cove, 12-5p
- 6 **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES,
COMMUNITY BAND**
7p, Free
- 6 **SAFETY DAY**
Douglass Family Aquatic Center, 9:30a, Free
- 7 **FAMILY SPLASH BASH**
Lake of the Woods Pool, 7:30-9:30p, \$5/person
- 8 **SPLAT! JUNIOR OBSTACLE COURSE MUD RUN**
Gans Creek Recreation Area, Times vary according to wave, \$25
- 14 **MOVIES IN THE PARK, MOANA**
Cosmo Park, 8:45p, Free
- 19 **FAMILY FUN FEST: FITNESS IS FUN**
Cosmo Park, 6-8p, Free
- 21 **FAMILY SPLASH BASH**
Lake of the Woods Pool, 7:30-9:30p, \$5/person
- 21-23 **SHOW ME STATE GAMES**
- 28-30 **SHOW ME STATE GAMES**

AUGUST

- 3 **STEPHENS LAKE PARK AMPHITHEATER CONCERT SERIES,
BXR ACOUSTIC ARTIST SHOWCASE**
7p, Free
- 9 **NEW LEISURE TIMES AVAILABLE**
- 12 **WACKY WATER OLYMPICS**
Indian Hills Park, 3-5p, Free
- 13 **COOLIN' DOWN WITH THE BLUES**
Douglass Park, 3-8p, Free
- 16 **FAMILY FUN FEST: MAD ABOUT SCIENCE**
Cosmo Park, 6-8p, Free
- 19 **NFL PUNT, PASS AND KICK, COSMO PARK**
9a check in, Free
- 19 **KALEIDOSPOKE**
Meet at Flat Branch Park, 7:30p, \$15
- 19 **MOVIES IN THE PARK, GUARDIANS OF THE GALAXY**
Cosmo Park, 8:30p, Free
- 30 **NEIGHBORHOOD PARK FUN DAY**
McKee Street Park, 6-8p, Free



SPOTLIGHT ON PARKS

LOOK WHAT'S NEW AT:
Strawn Park
801 N. Strawn Rd. (Rt. 22)

Harmony Bends Championship Disc Golf Course



**"You will see things here
that no one has ever seen
on a disc golf course
anywhere.**

**We broke barriers of all
kinds on this course."**

**-- John Houck,
Course Designer**

Harmony Bends is Columbia's newest 18-hole disc golf course. It was designed by world-renowned disc golf course designer John Houck, whose stated goal was to make it "the number one course in Missouri and "one of the top ten courses in the country."

This par 68 course is located in a 129-acre park with big hills, meandering creeks, and lots of tall trees - everything needed to accommodate a world class destination course. Most holes have three tees and multiple path options to the target to challenge players. There are four par five holes on the course. The two creeks on the property cross the course five times. Creative construction, natural creek crossings, and placement of the tees, landing areas, and greens add to the "wow" factor. Disc golfers have already traveled from various states across the nation to play this interesting and challenging new course.



SPOTLIGHT ON TRAILS

LOOK WHAT'S NEW! *Hominy Creek Trail*

Phase two of Hominy Creek Trail is completed and open for trail users. This concrete trail now extends 2.9 miles from the east end of Green Valley Road and routes to the north of The Links apartment complex at Clark Lane. Trail users are invited to try out this new trail that traverses along the Hominy Creek, crosses the stream three times, and routes under Interstate 70. Hominy Creek Trail will help connect neighborhoods located in the area north of Interstate 70 and south of Indian Hills Park to the Columbia Trail System.

Phase two of the trail project was federally funded from the GetAbout Non-Motorized Transportation Pilot Program.



LEISURE TIMES

SPRING/SUMMER 2017

Columbia Parks & Recreation Dept.

7th & Broadway, 1 S. 7th St.

P.O. Box 6015 • Columbia, MO 65205-6015

Monday-Friday 8am-5pm

Phone (573) 874-7460

Fax (573) 874-7640

Recreation Hotline

(573) 874-7663

The recorded message is available 24 hours with information on activities, cancellations and changes. Sports cancellations are announced weekdays after 4 p.m. and Sundays after 3 p.m. After this time officials may cancel games due to bad weather.

Administrative Staff

Mike Griggs, Director

Erika Coffman, Recreation Services Manager

Gabe Huffington, Park Services Manager

Visit our Web page

www.CoMo.gov

The activities and services included in Leisure Times span a four-month period. Please keep Leisure Times handy as a reference or recycle by passing along to a neighbor or co-worker.

Cover Photo: Albert-Oakland Family Aquatic Center

Five Ways to Register:

1. **Online:** Go to www.CoMo.gov
2. **Walk-in:** You can register at the downtown office 1 S. 7th St., M-F 8am-5pm or at the ARC, 1701 W. Ash.
3. **Phone-in:** If you wish to pay with Mastercard or Visa, you can register over the phone by calling (573) 874-7460 or (573) 874-7700.
4. **Mail-in:** Mail to Columbia Parks & Recreation, P.O. Box 6015, Columbia, MO 65205. (Form Online)
5. **Fax-in:** Fax to Columbia Parks and Recreation (573) 874-7640. (Form Online)

DO YOU KNOW?



**NINETY-FIVE PERCENT OF CARE
(CAREER AWARENESS RELATED EXPERIENCE)
TRAINEES SAID THAT PARTICIPATING IN THE
PROGRAM KEPT THEM AWAY FROM BAD
INFLUENCES AND OUT OF TROUBLE.**

Check www.CoMo.gov/ParksandRec for great discounts and coupons on programs and facilities!

**COLUMBIA PARKS AND RECREATION
IS A MEMBER OF**



**A National
Gold Medal
Department**



If you wish to participate in any Parks and Recreation activity yet feel you may need some special accommodation, or if you need an alternate form of this publication, please call Parks and Recreation 24 hours in advance at 573-874-7460.

As a recipient of federal funds from the U.S. Department of Interior, the Columbia Parks and Recreation Department operates programs subject to the nondiscrimination requirements of Title VI of the 1964 Civil Rights Act Under Title VI; the U.S. Department of the Interior strictly prohibits discrimination because of race, color, or national origin in its federally assisted programs. This Department is also committed in both policy and practice to enforce and implement all required provisions of the Americans With Disabilities Act.



- ★ **ENTERTAINMENT ON TWO STAGES; AT PEACE PARK AND AT FLAT BRANCH PARK**
- ★ **FUN CRAFTS, INFLATABLES AND ACTIVITIES FOR KIDS**
- ★ **FIREWORKS AT 9:15PM, SHOT FROM THE TOP OF THE 6TH AND CHERRY PARKING GARAGE, CHOREOGRAPHED TO MUSIC AND SIMULCAST ON BXR RADIO 102.3**
- ★ **FREE EVENT, CONCESSIONS WILL BE AVAILABLE**
- ★ **SOME STREETS WILL BE CLOSED. FREE PARKING IS AVAILABLE DOWNTOWN AND ON THE UNIVERSITY CAMPUS**

TUESDAY, JULY 4, 2017

City of Columbia
Coordinated by Parks & Recreation

4th of JULY

Fire in the Sky

Presented by Columbia Insurance Group and KOMU 8

EVENT BEGINS @ 6:30P
FIREWORKS BEGIN @ 9:15P

THE DISTRICT:

PEACE PARK

on Elm St. between 6th and 8th

FLAT BRANCH PARK

on 4th St. between Cherry & Locust



TO VOLUNTEER CALL 874-7499

BRING A LAWN CHAIR OR BLANKET.
NO FIREWORKS PLEASE.

FOR MORE INFORMATION,
CALL 874-7460.

MAP AND SCHEDULE AT
WWW.COMO.GOV
(SEARCH: 4TH OF JULY).

